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Manual**

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12
BEST
FITNESS
TRENDS
TO KICK
START
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YEAR

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The MH Guy **CARLOS MARTI**



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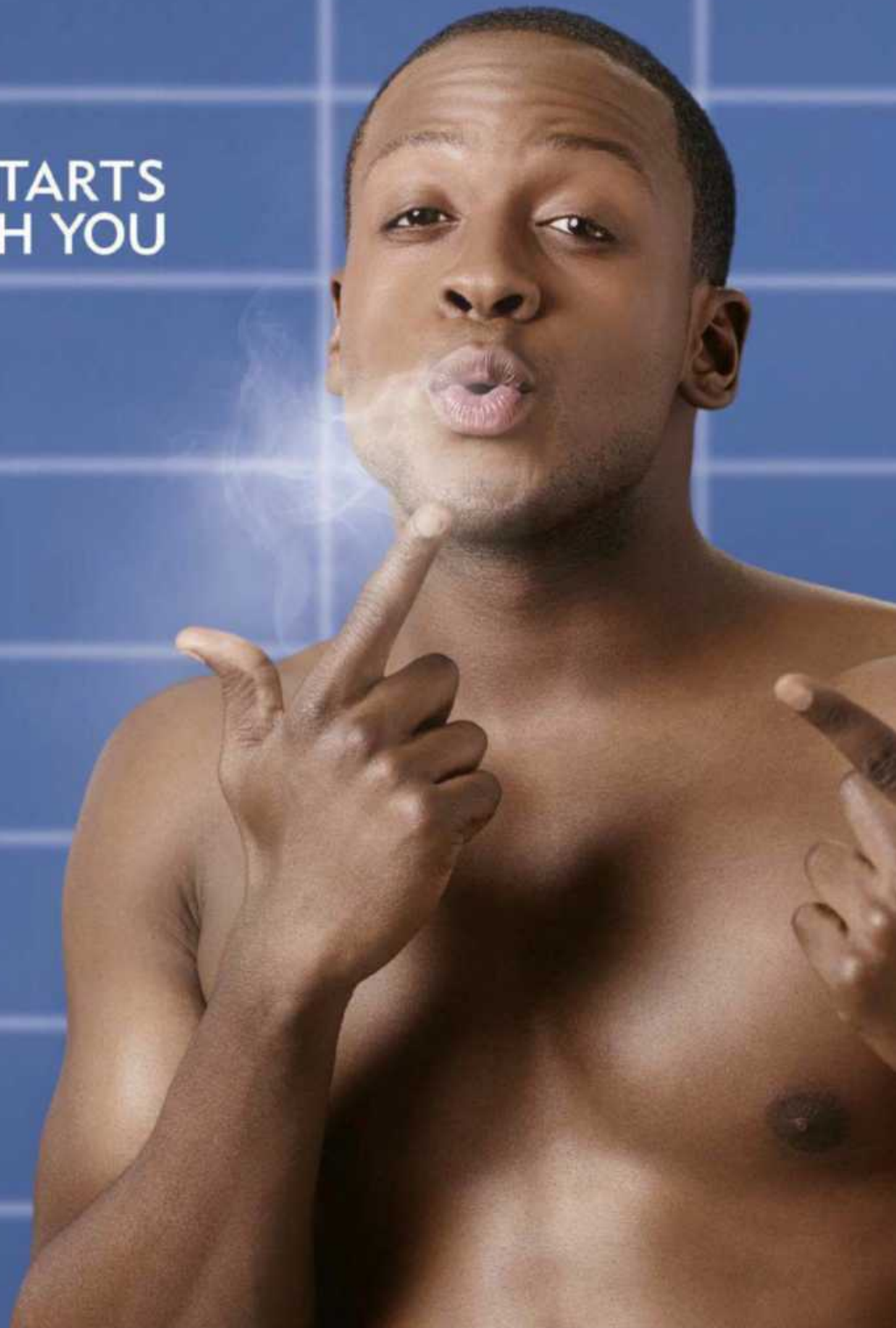
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➔ <http://bellyoff.co.za>

Men's Health
BELLYOFF



VIDEO

The Best Weight Loss Inspiration We've Seen

The Belly Off Club has had some incredible stories, but we think this one is pretty unique. Neil Carrick took on the challenge and lost an outstanding 70kg. You can read about Neil's heroic transformation in this issue, and get the inside track on losing weight in his exclusive *Men's Health* video too.

➔ mh.co.za/weight-loss/neil-carrick

More on this incredible story on page 60

HOW TO

Your Year to Conquer Fear

You know courage, right? It's the stuff you need to stand up to the boss, stop an intruder or have The Talk with your kid. Here's how to stay in control, whatever the situation, by kicking fear out of your life

➔ mh.co.za/how-to/guy-wisdom/conquer

SEX & RELATIONSHIPS

Your 2016 Sex Resolutions

In order to achieve your bucket list goals, you need a plan. Here are some suggestions for how to turn up the heat on your sex life in 2016

➔ mh.co.za/sex-women/resolutions

MH CHALLENGE

Ultimate Guy Adventures

Now's the time to take a trip that'll turn you into a better man. We've put together a list of 15 of the best guy trips in the country. Get outside.

➔ mh.co.za/how-to/adventure

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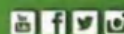
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A LITTLE MORE AWESOME



■ TOWARDS THE END OF LAST YEAR I HAD A REVELATION

at 4 000 feet. I was flying in a really small plane over some beautiful Cape farmland and even though I wasn't quite yet on holiday, I felt totally relaxed. It was as if escaping gravity for a just a moment allowed the stress to slip away and the important stuff to come into focus.

It was a short flight - a lesson arranged by my wife for my birthday - and for some reason or another, I'd put it off for months, which seemed ridiculous once I was airborne. It was awesome.

I'm not planning to get my licence or even start a hobby that would require selling the house, but it was an experience that gave me some perspective in more ways than one.

Right then, as we glided over the West Coast countryside, I decided that 2016 would be defined more by experiences than things.

Of course, we all like shiny objects, and the pursuit of cool stuff is part of our DNA - but I'm willing to bet that if you think back to what put a smile on your face, it was probably a ride with your mates, a day in the water, a trail, trip or unexpected moment. That's what I mean.

When the flight instructor gave me control at 2 000 feet and said "all yours", I got that smile you only get when nothing else matters and you're in the zone. (I'm sure I also get it when I eat perfectly cooked steak or crack my first beer.)

In this issue we give you everything you need to kickstart the year: the workouts, the motivation and a whole new diet plan. But more than that, we decided to answer the question: what makes you feel *alive*?

Throughout the mag, you'll find a range of challenges that'll inspire you to get out there and just do it. We asked local surfer Bianca Buitendag to teach us to surf (page 32) and our art director Clinton Jurgens was up and riding before lunch. Then, fitness ed Arthur Jones went in search of big-water thrills and came back with tall stories and skills to tackle probably the best white-water rafting in the world (page 48).

Finally, if you're tired of the same old retreaded resolutions, we've compiled an action list of the best new fitness trends and tips that'll turn your routine upside down and inject a little more attitude into your year. Get it all on page 94.

Make every day count. Here's to 366 Days of Awesome.

JB

Jason Brown
EDITOR
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*Nielsen market value share, total male grooming category, 12mm Dec 2014.

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ANSWERED

Got a question? Drop us a line
at tellmh@media24.com and
we'll get the answers

**I love bacon.
But now
everyone
says it'll give
me cancer.
Say it ain't
so, MH!**

CALVIN, HOUT BAY

You're not alone. A lot of guys are worried that where there's smoked there's fire, after the World Health Organisation pooped on a few parties by publishing a study suggesting that processed meats have been linked to causing cancer. The 2015 study found that red meat can be carcinogenic, because cooking it at high temperatures (including braaing and frying) produces chemicals that are known to cause colon cancer, and have also been linked to pancreatic and

prostate cancer. In fact, processed meat is classified in the same group as tobacco and asbestos, due to the strength in scientific evidence as to their link in causing cancer, so we can understand your concern. But should you simply stick to chicken and fish? There's no research to determine whether or not they cause cancer (yet, thank goodness) and there's not enough evidence to determine exactly which red and processed meats are the most harmful, so

your best bet is to cut down. If your love for ham runs deep, here's some science to mitigate the damage: a 2015 *European Journal of Clinical Nutrition* study suggests that a poor diet is the culprit behind aggravating the harmful effects of red and processed meats. So if you include enough fruit and vegetables, wholegrains and nuts in your overall diet you're likely already in the safe zone. If not, try to balance out the bacon with clean, healthy options.

Could one bite
end it all?

DOES IT WORK?



Adult Colouring Books

- SKIP IT
- WORTH IT

The Claim Using colouring books with intricate patterns created specifically for adults can help relieve stress and anxiety. **The Verdict** Feeling crazed? Grab a crayon. Colouring in complex images is repetitive and rhythmic, which can have a soothing effect, explains Dr David Gussak, an art therapist at Florida State University. If that sounds a bit zen, well, it is: in a study in the journal *Art Therapy*, people who coloured in mandalas (ornate designs prominent in Buddhism) saw their stress levels drop three times as much as people who worked with a plaid pattern and twice that of the folks who doodled on a blank page. Your stress-busting supplies: *Sacred Mandalas: Beautiful Designs and Patterns* (R139, takealot.com).

I feel extremely uncomfortable when people cry in front of me. Is that normal?

BEN, LANGEBAAN

You're not a wuss, you're just culturally conditioned. Seeing someone cry makes many men uneasy because tears signal vulnerability, a feeling that guys have been taught to avoid, explains Randy Cornelius, a professor of psychology at Vassar College in New York who studies the science of human emotions. The other person's tears may even act as an "emotional contagion" and cause you to mist up too. So your reaction is normal; although it may not be desirable, depending on who's doing the crying and why. Weeping wife? Blubbing buddy?

You'll need to lend an ear. If you have trouble suppressing your squirming, just tell yourself that turning on the waterworks can actually make a person stronger. In a study from Indiana University, university football players who felt comfortable with crying had a mental edge both on and off the field: they had higher levels of self-esteem than teammates who tended to bottle up their emotions.

Would it be dumb to start using anti-ageing cream before I'm 35 years old?

MARCELL, CONSTANTIA

There's nothing dumb about outsmarting wrinkles. Your skin starts to visibly age in your late 20s, which is when production of collagen and elastin slows down, says Los

Angeles dermatologist Dr Annie Chiu. These two proteins are found in your connective tissues and help keep your skin tight and firm. To fight the sag, start rubbing in retinol now. This natural form of vitamin A not only boosts collagen and elastin but also helps shed dead skin cells and replace them with new ones. In a 2015 study published in the *Journal of Drugs and Dermatology*, a retinol cream applied every day for a year reduced women's skin damage

by 84% and decreased their fine lines by 4%. You do want a fresher-looking face too, right? Try Neutrogena's Ageless Night Cream (R145, Dis-Chem). Apply it at night after washing your face.

SHE ASKS Do men have erogenous zones?

EMMA, PRETORIA

Besides the area where stimulation leads to a stiffy? Yep. Lots of male body parts have a high concentration of nerve endings, but only a

few send pleasurable sensations to the brain's *insula* when touched, says Oliver Turnbull, a professor of psychology at Bangor University in Wales. In fact, Turnbull's research shows that men and women share many of the same hot spots, including the lips, nape of the neck, nipples and inner thighs. But dudes also have a P-spot: as in the perineum, that area between his testicles and butt. In Turnbull's study, guys found perineal stimulation to

be 30% more mind-blowing than women did. (For the guys reading this, now you know where to gently plant her hand. Ask her to use her fingers to massage this area lightly and slowly, suggests sex advisor Dr Debby Herbenick.) And remember, ladies: men aren't great with signalling when something feels good. You can consider just one of his delighted grunts as the equivalent of about a thousand of your moans.



How can I convince my girlfriend to stop going to tanning salons?

DAVID, TABLEVIEW

Try the truth: tanning beds roast her with doses of UVA radiation 12 times stronger than sunlight's. But why does she come out brown, not burned? "The UVA light used doesn't create skin redness or burning sensations, so tanners don't realise how much damage it's doing," says Dr Rogerio Neves, deputy director of the Penn State Hershey Melanoma Centre. In fact, regular use of tanning beds increases the risk of developing melanoma by 75% if she starts before age 35. Still haven't convinced her? Home in on why she's fake-baking. If it's linked to looks, suggest a safe self-tanner that contains dihydroxyacetone, a colour additive that tints the outermost layer of skin. Tell her we recommend Palmers Cocoa Butter Formula Natural Bronze Body Lotion (R79, Dis-Chem). If tanning gives her a mood boost, she may be hooked on the rush triggered by UV exposure, says Neves. For a high without the hurt, suggest that she try gym dates with you instead.



NO FILTER
REQUIRED
After all,
it's not
going on
Facebook...
is it?

Take a Shot at Beating Cancer

There are the photos you post on Snapchat and then there are the skin pics you should share with one person only: your dermatologist. "A baseline set of full-body medical photographs can help you and your doctor monitor your moles for signs of cancer," says Dr Adnan Nasir, a clinical professor of dermatology at the University of North Carolina Chapel Hill. "I recommend it for people with a family history of skin cancer or who have lots of moles." Discuss a possible photo op with your doctor. If he or she thinks it's worthwhile, you'll be given a script for the shoot. For the nearest location, go to derma.co.za

1

Pull Down All the Shades

"I compete in triathlons to stay fit but am wary of sun damage. I run on shaded trails, always wear a hat, and protect my face with wrap-around sunglasses, which can cut the risk of cataracts and skin cancer around your eyes. My Oakley shield sunglasses have nonslip nose pads and earpieces."

2

Eat for Your Epidermis

"A Mediterranean diet can reduce your risk of ailments like acne and melanoma. The antioxidants in produce and the omega-3s in olive oil and fatty fish reduce inflammation and repair DNA. I eat this meal twice a week: grilled salmon on baby leaf greens, strawberries, goat's cheese and walnuts."

3

Learn to Handle Reflection

"I devote 20 minutes a week to looking back seven days, looking at now, and looking ahead seven days. This helps me gauge what went well and what could have been done better: at work, relationships and training. It's thinking, planning, doing, evaluating, recalibrating - rinse, repeat, weekly."

4

Run a Winning Screen Play

"I prefer SPF 30 sunscreens that are water- and rub-resistant and not too greasy, like Clicks SUNprotect, Tropitone Acti-Sport and Nivea Sun Invisible Protection Spray. I also take Helio-care supplements, which have an antioxidant that prevents and can reverse sun-related UV damage, according to research."

2-SECOND LIFESAVERS

Put a Cap on Knee Pain

Exercising on an elliptical is a joint-friendly way to train, but you can make it even safer. New research from the University of Memphis suggests that taking a wide stance reduces the load on your knees. Set your feet so that the sides are touching the outer edges of the pedals.

Dr Alexander Koch, programme coordinator for exercise science, Lenoir-Rhyne University, Hickory, North Carolina

Mend Your Mind at Night

New research reveals that people who have trouble sleeping also have more of the brain plaques associated with Alzheimer's disease. Wake up without an alarm at least two mornings a week to give your brain a full night's sleep to clear out plaque-promoting toxins.

Dr P. Murali Doraiswamy, professor of psychiatry, Duke Institute for Brain Sciences; co-author, *The Alzheimer's Action Plan*

Master the Art of Cheating

Craving a treat? Try dark chocolate and peanut butter. This combo is rich and sweet and also serves up a serious dose of antioxidants and protein. Break off one square of a high-cacao dark (like the De Villiers Bean-to-Bar range at Woolworths) and top it with a teaspoon of PB.

Alan Aragon, author, *The Lean Muscle Diet* and the online monthly *Alan Aragon's Research Review*

How One Look Leads to Lift Off

When a man catches a glimpse of an attractive, scantily clad woman, the effect is pure alchemy: flesh turns into wood. Dr Darius Paduch, director of sexual health and medicine at Weill Cornell Medical College in New York, explains the science of lust at first sight



1/ Your Insula Says "Oh Yeah!"

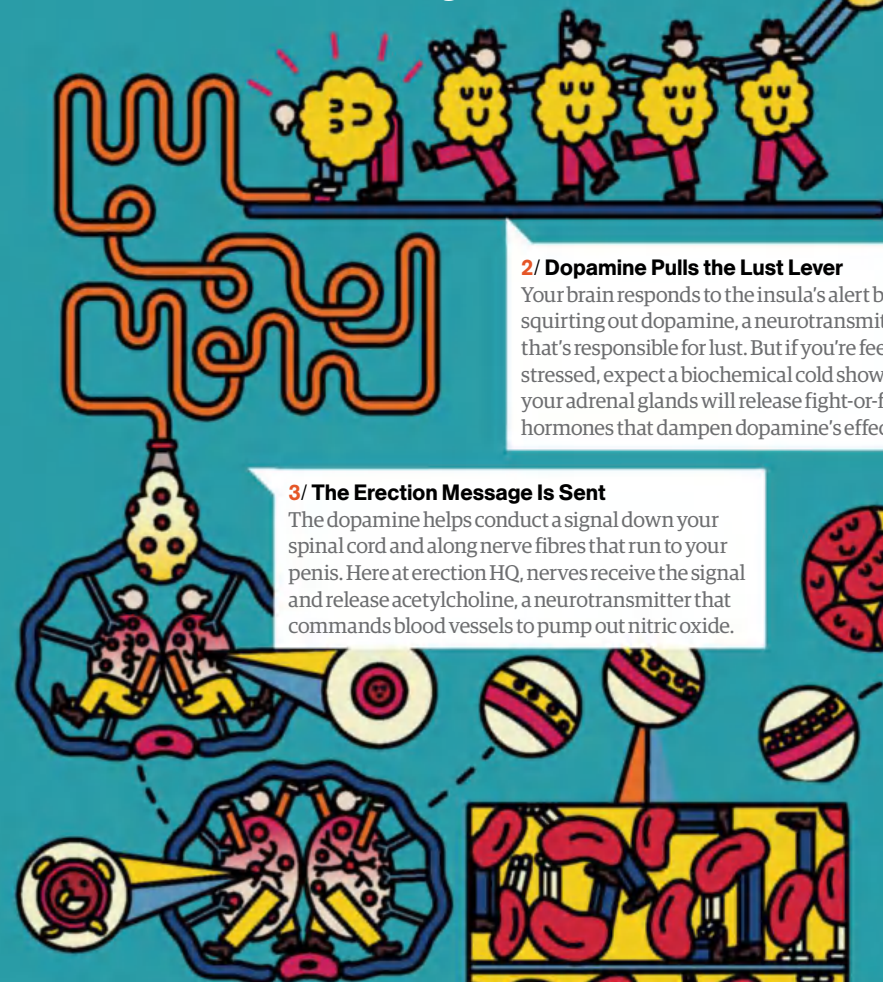
The instant you see her barely dressed body, millions of ocular receptors snap a mental picture and send it to your insula, a key brain area for perception and emotion. Once the image arrives, the insula automatically calculates your erotic possibilities with her.

2/ Dopamine Pulls the Lust Lever

Your brain responds to the insula's alert by squirting out dopamine, a neurotransmitter that's responsible for lust. But if you're feeling stressed, expect a biochemical cold shower: your adrenal glands will release fight-or-flight hormones that dampen dopamine's effects.

3/ The Erection Message Is Sent

The dopamine helps conduct a signal down your spinal cord and along nerve fibres that run to your penis. Here at erection HQ, nerves receive the signal and release acetylcholine, a neurotransmitter that commands blood vessels to pump out nitric oxide.



4/ Blood Rushes to Your Head

Your penis has two chambers, both filled with spongy muscle tissue. Nitric oxide relaxes the tissue, allowing the arteries running through it to dilate. Blood flows in at more than eight times the normal rate, which results in some impressive, gravity-defying engorgement.



5/ Your Softy Becomes a Stiffy

As the tissue in these chambers expands, it presses against surrounding veins, preventing boner blood from draining out. Your slugger may now be holding a quarter cup of the red stuff. Of course, you'll lose your lift once you lose sight of her—or have an orgasm.



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JOURNEY'S END
STELLENBOSCH SOUTH AFRICA

SUMMER LOVE

Here's another reason to love summer: it's the best time of the year to be born, according to researchers at Cambridge University. Comparing the growth and development of 450 000 men and women from the UK BioBank study, researchers examined how a birth month affected birth weight, adult height and body mass index. They found that **children born in summer are more likely to grow up to be healthy adults than those born in the winter months.** "The results revealed that girls born in the summer were slightly heavier at birth, taller as adults and went through puberty slightly later than those born in winter months – all of which are indications of good health," says study author Dr John Perry. For you maths geniuses, nine months before summer starts is... Valentine's Day.

Sweet summer
child o'mine



Half-Marathon Training Guide

Your Better Half

Race coming up? **Heavy lifting twice a week can improve your VO₂ max.**

Runners in an Italian study saw a 6% VO₂ max boost using this tactic. That strength, plus better mechanics, can enhance your running economy and cut injury risk, says PJ Newton, founder of Strategic Athlete. Enroll in a functional-training programme, like CrossFit Endurance. Then use the tips below for your half-marathon.

BEFORE THE RACE

14
DAYS

Do a Dry Run

Start at race time and eat and drink as planned. You don't have to do the full 21km, says Newton.

7
DAYS

Prehydrate

Give your innards a thorough soaking: down 30ml of water per 450g of your bodyweight every day.

2
HOURS

Carbo-Load, Wisely

Eat ½g of carbs per 450g bodyweight. In a University of Minnesota study, this helped novices finish faster.

DURING THE RACE

1-6
KM

Tail a Woman

Women pace better, research shows. Chase a gal going at your goal speed to avoid bonking later, says Newton.

4+
KM

Sip Smarter

Old rule: If you wait until you're thirsty to drink, then it's too late. New rule: drinking just when you're thirsty is fine.

14
KM

Finish Strong

Exhaustion starts in your head. Set a small goal, such as passing one person in front of you; then set another.



175

STEPS PER MINUTE:
PACE THAT YIELDS THE
BEST RUNNING ECONOMY
IN ELITE RUNNERS

Source: *European Journal of Sport Science*

WHAT WINNERS KNOW



TUNE UP YOUR PACE

Listen to music during the race. You'll tend to match your cadence to the beat, say Belgian scientists. (Try the 8tracks app, which has playlists for everything, including running, created by other people. You can even create your own.) Music also releases natural pain blockers and lowers perceived effort.

Tom Coleman

USN INTERNATIONAL BRAND
AMBASSADOR, WBFF FITNESS PRO

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INDIVIDUAL RESULTS MAY VARY. FOR OPTIMAL RESULTS, COMBINE WITH A LEAN MUSCLE EATING PLAN AND TRAINING PROGRAMME.



WINNING STRATEGY

BUILD IN BLOCKS

For faster results, focus your training. **Concentrating on a specific fitness goal each month can lead to greater overall gains**, suggests a study in the *Journal of Strength and Conditioning Research*. Try it: pick a monthly goal (say, strength, power, cardiovascular stamina or endurance) and dedicate two workouts a week to achieving it.

STAY ON A ROLL

Foam-rolling before and after a workout can help speed recovery, but don't stop there. **To significantly improve your mobility, you also have to foam-roll on days you don't train**, say University of Oregon researchers. Roll each of your major muscle groups for a few minutes on your off days to reap maximum benefits.



BUST THE RUT

To pack on size quickly, many guys train like bodybuilders (e.g. back and biceps one day, chest and triceps the next). But if your gains seem to be levelling out, it's time to change your approach. **Total-body workouts can help you break through a training plateau**, a Lehman College study suggests. "Training muscle groups at least twice a week may stimulate more protein synthesis," says study author Dr Brad Schoenfeld. The result: fresh growth.

11

PERCENTAGE GAIN IN MEN'S VERTICAL JUMP AFTER THEY DID PLYOMETRIC TRAINING 3 DAYS A WEEK FOR A YEAR

Source: Bone



Want legs like these?
Rethink the way you load your lunge

Boost Lunge Capacity

Offset training – loading one side of your body – makes moves like the lunge and split squat more challenging. Which side do you load? It depends on your goal. **Holding the weight in the hand opposite your working leg engages your *gluteus medius* nearly twice as much**, say Czech scientists. Holding it in the other hand emphasises your quads.

Your Next Big Move

Trainers call the barbell squat the king of exercises. But a UK study found that the rear-foot-elevated split squat can increase your strength, speed and agility just as much. "And because it's less technical and requires less mobility, it's safer," says Dr Doug Kechijian, of Peak Performance in New York. Here's how to do it.



1 Stand tall holding two dumbbells next to your sides. Place the top of your right foot on a bench behind you, and brace your core.



2 Slowly lower your body as far as you can. Pause, then quickly push back up to the starting position. Do 3 sets of 16 reps (8 per leg).

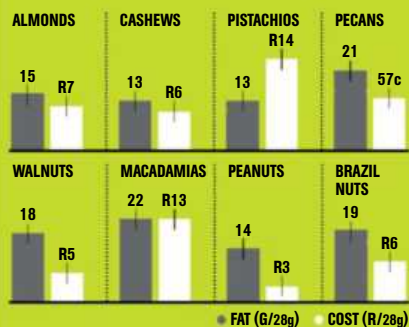


Grab Your Nuts

It takes a crack team to beat the number one killer of men. A Harvard study review reports that **eating nuts can help you avoid dying of heart disease**. The risk of people who ate the most (a serving a day) was 39% lower than that of folks who ate the least. Nuts' healthy fats may lower blood lipid levels, while other compounds help vessels expand, easing bloodflow. Eat 28 grams a day: 49 pistachios, 22 almonds or 18 cashews.

How They Stack Up

All nuts have heart-healthy fats, but the amounts vary. Here's what you're shelling out for.



FOOD FACADE

Ever been lured into a bad relationship by a pretty face? We thought so. **Packaged foods bearing sexy nutrition claims on the front can be hard to resist**, New Zealand research reveals. Shoppers were up to 9% more likely to grab grub with a billboarded benefit, even if the food was otherwise a health dud. So ignore the slick front labels. Check the nutrition stats, then commit.



MEAL MULTIPLIER

PESTO CHANGE-O!

Struggling to eat enough nuts? Put a new spin on basic basil pesto. Toast $\frac{1}{4}$ cup of your favourite nut, then pulse in a food processor with 2 cups leafy greens or herbs, $\frac{1}{2}$ cup grated hard cheese, 2 garlic cloves and $\frac{1}{4}$ cup olive oil until smooth.

10

GRAMS OF GRAIN-BASED
FIBRE (QUINOA, OATS) YOU
NEED TO EAT DAILY
TO CUT YOUR RISK OF
TYPE 2 DIABETES BY 25%

Source: Diabetologia

In a nutshell:
protein, healthy fats,
disease-fighting firepower



Slow Down to Slim Down

You don't need heavy exertion to cut your gut: **low-intensity exercise can deflate your spare tire just as effectively as high-intensity exercise can**, suggests new research published in *Annals of Internal Medicine*. After six months of treadmill training, the study participants had the same success – a 4.5cm belly reduction – whether they burned 2 510 kilojoules the harder way (in 40 minutes) or the easier way (in 60 minutes). “When it comes to abdominal obesity, intensity makes no difference,” says study author Dr Robert Ross. The “easy” group walked or jogged at 50% of their VO₂ max five days a week.



LOSING STRATEGY

EAT FOUR MEALS A DAY

Pack a second light lunch for work and eat it before you head home for dinner. **Why It Works** A light meal, like cheese and fruit, can help you cut kilojoules at dinner. Researchers in Spain found that people who ate *merienda*, a small meal between lunch and dinner, were 36% less likely to have abdominal obesity than those who didn't partake of the extra repast.

PUDGE CRAWL



RED LOOKS GOOD ON YOU

Here's a winning colour combo: **eating red and purple produce may help you shed kilos**, say scientists in Iran. Men who piled their plates with foods like watermelon, red onion, red grapes and tomatoes put on less weight and had smaller waists than those who ate more green, yellow, orange and white produce. The variety of nutrients found in red and purple foods (lycopene, potassium and carotenoids) may be key to keeping the weight off for good, the researchers say.

The Loser Letdown

Could you drop 35% of your body weight in five months? The 2010-2012 *Biggest Loser* contestants did. Yet research from the University of Wisconsin at Milwaukee found that the TV show was impractical, focusing mostly on exercise and too little on diet. Worse, people often regained all their weight after the show ended.

Portion of episode devoted to weight-loss strategy:



Average weight loss from start to finish:



6

NUMBER OF KILOGRAMS MEN LOST WHEN THEIR DOCTOR TOLD THEM THEY HAD TO LOSE WEIGHT

Source: *Economics & Human Biology*

DRIVEN
BEYOND IMAGINATION

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24

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NUTRITION**

* Carbohydrate-electrolyte solutions enhance the
absorption of water during physical exercise
and contribute to the maintenance of endurance
performance during prolonged exercise. EFSA
scientific opinion EFSA Journal 2011;9(6):2211.

Malegra

THE BEST WAY TO SPEND YOUR TIME AND MONEY

Your one-on-one
surfing lesson with
Bianca Buitendag
starts here





ms

Compiled by Kieran Legg

Start Your Endless Summer

**It's just you, your board and the
ocean. Get out there**

BY KIERAN LEGG



YOU'RE NOT DOING BATTLE WITH the waves or your board. As you crest the gentle swell, flicking up foam behind you, you feel weightless, gliding through a heaving blue landscape. It's been a while since Bianca Buitendag last picked up a longboard, but the experience has taken the 22-year-old back: "Right back to the essence of surfing."

The pro surfer, ranked 6th overall in the 2015 Championship Tour, has earned her stripes on the back of a shortboard. But those wins didn't come easy. It's a discipline that feels like walking a tightrope. "Every second you're in strife as you wrestle with the waves, the board, and even your own body to stay upright," she says.

"On the longboard it doesn't feel like that, it feels more like an art form, a simple raw expression. It's just you and the sea, and when you stand up you just feel all your stress melt away."



Coming from a long line of surfers, it was inevitable that Bianca would wind up being drawn to the ocean. At the age of seven she was already armed with her first board, and not even the dismal waves spitballing on the Strand's shores, where the Buitendags lived, could dent her enthusiasm.

But her earliest memories weren't of splashing in the tide. For her, it's the sense of adventure surrounding her family's weekly quest to find the country's best waves that stands out: a kaleidoscope of sights and smells, from the roar of their car's engine and the scent of morning coffee to the

light of the sun flickering between the West Coast's skinny trees.

Even now, the cathartic nature of this pilgrimage is almost as enticing as surfing itself. "Just grabbing some friends and hopping in the car, knowing the ocean is waiting for you – it's a sweet, sweet feeling," says Bianca.

Until she was 18 (by then she had moved to Victoria Bay), surfing felt like it wouldn't go any further than a hobby. She spent every free moment she had in the sea. The stress and problems that writhed on land simply drowned out in the waves. "I surfed every day, but what are the chances of a

skinny, white-haired, freckled little girl from a small town in SA becoming one of the top 5 surfers in the world?" she says. As it turns out, pretty good.

After winning her first big tournament, people started taking notice and she began favouring her own odds. In no time she was competing year-round with the world's best surfers.

The pressure was on, and she admits to feeling a tinge of fear. "But I wouldn't be where I am now if I allowed big names to intimidate me. Even the best make mistakes – they're just people going through the same struggles I am."

GET STARTED

Your Ultimate Surf Trip

Ready to paddle? Here's your game plan, from one of the world's top surfers

1

► Pack Your Gear

Wetsuit, check. Sunblock, check. Board, check. You're sorted. If you don't have the space or the means to lug around a surfboard, shops such as the Surf Emporium in Muizenberg will rent out one for R70 for 1.5 hours (every hour on top of that will cost you just 20 bucks).

2

► Check the Forecast

Hit up magicseaweed.com to get hourly surf reports on SA's top beaches. Bianca says there's a satisfaction to crunching the numbers and finding the perfect mix of windspeed and wave height. When you're just getting started, you'll be better off with smaller swells.

3

► Grab Some Grub

You'll be out there for a while, on the road, on the beach and in the water – so don't be left stranded without hot drinks and snacks. Bianca says she doesn't leave home without a big flask of steaming coffee and a heavy bag of trail mix.

4

► Leave Early

Bianca says she has caught some of the best waves just as the sun is rising. You will also want a full day to surf, with time to switch beaches when the tide changes. Some of the best spots are tucked out of the way, so give yourself the breathing room for a bit of a road trip.



“HOPPING IN THE CAR, KNOWING THE OCEAN IS WAITING FOR YOU... IT'S A SWEET FEELING”

It was this attitude, coupled with a natural talent for surfing, that saw her rocket up the rankings last year. And while pundits raved about her meteoric rise, Bianca says hard times at home and a whirlwind tour of exotic locales meant she wasn't even aware she had cracked the top 10.

But now that she is among the best in the world, Bianca says she knows this is where she is meant to be. She's not worried about being unseated by the rest of the pack. "All I need to do is keep improving, making sure the next time I go out there I'm surfing better than the last."

It helps that jumping in the ocean is a humbling experience. For the surfer, that first splash of saltwater is enough to cut through any land-based bullshit and give her a clear space to think about what really matters.

"Out there on the water there is this immense freedom," she says, watching surfers wade into Muizenberg's foam-flecked waters.



"It's why I never feel burnt out, like other athletes. The ocean is not a soccer field, or a running track trapped inside a stadium. On my board, I don't feel confined; I can just go where the waves take me. Everyone needs to try it."

While Bianca found her sea legs at a young age, she's seen guys master the board later on in life. At first, it might feel impossible (even though a longboard takes some of the struggle out of standing up).

"Your body needs to adjust to balancing on water, and for a short while it's going to feel very unnatural. But there will be a lightbulb moment, and right then - surfing, the sea, this whole experience - it will all just click."

MH



BIANCA'S GUIDE TO Chasing Waves

From chill to thrill, here some of SA (and the world's) best surf spots



SLEEPY

MUIZENBERG With small waves and warmer waters, this beach is a smooth ride. It's also bordered by a neighbourhood of surf shops and cafés – the lifeblood of any budding boarder.



STOKED

VICTORIA BAY Ready to up the ante? Victoria Bay's stronger currents will give you a bigger challenge and a chance to duck under a few barrels.



SICK

SUPERTUBES BEACH, JEFFREY'S BAY

Once the pop-up is child's play, take your longboard through to this beach. Catching one of the monster waves here (considered some of the best in SA) is all about timing. Get it wrong, and you're going to be battered by the breakwater. Get it right, though, and you'll have the ride of your life.



SAVAGE

CLOUDBREAK, FIJI Home of the so-called "mega swell", the waves in these crystal-clear waters can reach heights of over seven metres. Be warned: these shores are for pros only, requiring a jet-ski and a tow board just to get going.

Surf's Up

Grab a board and learn how to ride the waves in three simple steps



MEET THE PRO

ETIENNE VENTER

The owner of Jeffrey's Bay Surf School is a former coach of the SA National Surf Team.

1

POSITION YOURSELF

Don't want to wipe out? You'll have to learn how to lie down. Lie in the middle of the board with your chest placed above its centre point. Venter says newcomers tend to lean backwards, which will angle the nose towards the sky and increase your chances of flipping.

Always keep your knees pressed together, putting pressure on the board. Letting your legs drift is the quickest way to nosedive.



2

CATCH THE WAVE

Your first hours in the ocean will be spent chasing broken waves (the foamy ones further inland). Start by wading into the water until you're waist deep, then turn to face the shore, positioning yourself on your surfboard. Venter says you'll have to eyeball the distance, but the general rule is to start paddling when the wave is around three metres away. You'll quickly get a natural feel for it. This should give you enough time to hit a decent speed and be caught up in the wave's swirling momentum.

When popping up, you'll need to rotate your hips and shoulders 90 degrees at the same time.



When rotating your body, you'll feel your head wanting to spin in the same direction. But your eyes need to stay on the prize... keep your head angled towards the nose of the board to stay balanced.



3

POP UP

Finding your feet when you've caught a wave is the only time things get extra tricky. It's called popping up, and mastering it is the difference between smooth sailing and bailing. Fortunately, catching a wave in white water will give you a lot more time to find your feet. "This is where you will practice your pop-up until it's 100%," says Venter. Place your hands next to your chest (think of it as doing a push-up) and then, in one movement, jump into a crouched standing position, bringing your legs under your body.

THE GEAR

Size Matters

(9ft +)

THE LONGBOARD

The bigger board has a more graceful style. If you're looking for a laidback way to ride the swell, this is a good place to start.



(7ft - 8ft10)

THE MINIMAL

This soft board is very stable and will float well even when the wind picks up. Venter recommends renting one of these as an entry-level alternative to the longboard.



(6ft - 6ft6)

THE SHORTBOARD

With a sharp nose and a pulled-in tail, short boards are the weapon of choice for the pros. While this board will open up a whole new repertoire of tricks, staying upright is a lot like walking a tightrope.



IT'S THIS EASY Putting It All into Practice

Men's Health staffer and newbie surfer Clint Jurgens spent a day in the water with our surfer girl, Bianca Buitendag, and learnt how to surf. See, we told you it's easy.



▲ Got the right wave? Best start paddling ▲ Contract the core and go for the pop-up ▲ Now surf that wave and look awesome



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AND MORE.



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Pair your phone with M400 and you get alerts from incoming calls, received messages and push notifications from selectable mobile apps to your wrist and stay in the know wherever you are.

1/ Lather Up

This hardworking face wash gets its strength from a combination of charcoal and menthol to free your skin of impurities and fight spots and oiliness.

L'Oréal Men Expert Pure Power Face Wash R90 clicks.co.za

2/ Triple the Action

This exfoliating scrub is also a muscle soak and moisturiser. It'll soothe tired facial muscles and even out your skin.

Jack Black Body Rehab 403g R800 metrocosmetics.co.za

3/ Stay Cooler than Cool

If you want extra protection when you're out of the sun, use this. **Dermalogica After Sun Repair** 100ml R490 dermalogica.co.za

4/ No More Baggage

Sure, your new fade woos the ladies; but baggy eyes might send them running. This serum reduces puffiness and dark circles. **ClarinsMen Anti-Fatigue Eye Serum** 20ml R300 clarins.co.za

YOUR BARE ESSENTIALS

Screen Test

Your most important suit this summer: your birthday suit. Look after the skin you're in

5/ Spritz on Some 'Screen

This light, non-oily formula should help prevent that grey and ghostly look.

Sunprotect SPF50 Light Lotion Spray 100ml R47 clicks.co.za

6/ Rock Solid

Alum stone is a natural deodorant and after-shave in rock form, also used by athletes for sweaty palms and feet.

Multi-Purpose Block Hyalin 100g R260 bonafidebeards.com

7/ Get Bronzed

When using a tanner, look for dihydroxyacetone: it oxidises over time, so you won't look like an Oompa Loompa.

Vita Liberata Tinted Self Tan Gel 200ml R695 vitaliberata.co.za

8/ Protection in Your Pocket

Ideal for bags and glove boxes, this bad boy is fast-absorbing and water-resistant. **Nivea Sun Pocket Size Lotion** SPF30 50ml R40 dischem.co.za

9/ Well Armed

The number one weapon in your grooming kit should be a moisturiser with SPF 15 or higher. Use it daily. **Kiehl's Ultimate Man Facial Fuel** SPF15 125ml R485 Edgars

10/ Age Not

Formulated for the face, this sunscreen filters harmful UVA and UVB rays and pollution, all of which contribute to ageing. **Chanel UV Essentiel** SPF50+ 30ml R790 Edgars

New Measures

Top biokineticist Greg Hyson says fit bands are far more than a fad: they'll put your whole day on trial, keeping you on your feet. We've tested the best – it's time to get on track



The Numbers Guy

JAWBONE UP3

R2 399, superbalist.co.za

Substance over swagger: the UP3 might not look like much, but there's a lot going on under the hood. Now that the company's coders have tweaked its heart rate monitor, it's one of the most accurate at this price point. Wear it day and night, then comb through the data using the app – it's all the motivation you'll need to stay on your feet.



We like: The way it tracks your sleep patterns. **Not so much:** Its buckle

The High-Roller

SAMSUNG GEAR S2

R4 499, takealot.com

Stuck at a desk all day? The S2 is a lifesaver. It will keep track of how much time you've spent glued to your chair and vibrate when you haven't moved in the past hour. Throw in its near-perfect step counter, heart rate monitor and a classic design that will go with anything in your wardrobe, and it's hard to fault this smart, fitness-focused watch.



We like: The way it looks (a lot). **Not so much:** That price...

The Gym Rat

PUSH DEVICE

R2 599, quantifi.co.za

The Optimus Prime of fitness trackers, this armband will transform (geddit?) your workout. It won't monitor your heart rate, but it's the only device that can count your reps while you're pumping iron, even calculating the power you're putting into every lift. Important info when you're deciding to increase the plates on your overhead press.



We like: It'll tell you when to go heavier. **Not so much:** Clunky

The All-Rounder

GARMIN VIVOACTIVE

R4 500, Sportsmans Warehouse

Whether you're cycling, swimming or running, you need a tracker that can keep up. This device has the battery life to survive a marathon and will let you switch activities on the fly, giving you a heads-up on all the kilojoules you burn and (thanks to its in-built GPS) distance you cover. Pedalling or even putting, you'll have all the stats.



We like: Can-do anything attitude. **Not so much:** Scratch-prone

The Trailblazer

FITBIT FLEX

R1 299, thegadgetshop.co.za

Want to keep track of every step, whether you're running down the wing or scrambling to catch the bus? The Flex is barebones, but it does what it says on the tin. With a tap, this device will sync up to your phone and give you a read on your strides through the day. Lightweight and durable, it's a no-fuss take on fit tech that's easy on your wallet.



We like: Subtle design. **Not so much:** App-dependent

KNOW YOUR NUMBERS

HERE ARE THE DIGITS THAT MATTER

12 000

Your goal, in steps each day, according to the *Journal of Physical Activity and Health*.

Seventy

Percentage of max heart rate you should be hitting during a workout. (Your max = 220 minus your age)

60-80

The resting heart rate to aim for, in BPM, according to the American Heart Association.

THE DETAILS

BONAFIDE FACES AFTERSHAVE

R250 BONAFIDE

LOFT TUMBLER R75 WEYLANDTS

360 BOCAS NAIL CLIPPERS R60 DIS-CHEM

WOOD COMB R80 INDIGENOUS

BOTANIES MEN FACE AND BEARD

TREATMENT OIL R240 INDIGENOUS

BEARD SCISSORS R75 DIS-CHEM

CUT-THROAT RAZOR STYLIST'S OWN.

FIND ONE AT THE OLD'E ENGLISH SHAVING SHOP

ENGLISHSHAVINGSHOP.COM

Don't feel like shaving?
The Emperor will be
most displeased...
R344, pricecheck.co.za

The detail of this
rose-gold mirror will
tell her you're a man of
style and substance
R289, @home

Your Fresh Start

Clean up your act – make sure your bathroom basin is as fit as you are

THE BASICS

DRINKING GLASS R55 WOOLWORTHS

100% NATURAL SOAP R55 INDIGENOUS

NYKS GLASS CANDLE R350 INDIGENOUS

L'OCCITANE VERDON PURE FACE WASH R95 DIS-CHEM

AFRICA ORGANICS KALAHARI MELON BODY LOTION R49 WELLNESS WAREHOUSE

BIOLOGIE FACIAL REHYDRATE R85 RAIN

COLGATE OPTIC WHITE TOOTHPASTE R16 CLICKS

L'OCCITANE SHOWER GEL R235 L'OCCITANE EN PROVENCE

ORAL-B TRIZONE 500 TOOTHBRUSH R450

LION CLASSIC DISPOSABLE RAZOR R22 CLICKS

CHEESEBOARD WITH LEATHER STRING R245 WEYLANDTS

BLEU DE CHANEL EDP 100ML R1 535 RED SQUARE
SHAVING BRUSH R43 WELLNESS WAREHOUSE
KUNNA STONEWARE RICE BOWL R55 WEYLANDTS
BAMBOO EARBUDS R10 DIS-CHEM
GREY MARBLE SOAP DISH R75 WEYLANDTS

Keep your necessities – like towels, rugs
and the bin – as masculine as possible.
Dimity rug R289, mixed design bamboo
basket, R175 and Hammam Towel with
fringes R345, Weylandts

Learn to Lead at the Speed of Sound

Take your success strategy skyward

BY CLINT CARTER

Successful teams turn with, not on, each other



I

I'M 900 METRES ABOVE the ground in an L-39 Albatros, a jet typically enlisted for military training, when Jacques Bothelin's sing-song voice comes through my headset.

"Pac-oooo, go," he says. Paco, my pilot, pulls back the yoke, and suddenly I'm pancaking into my seat with a force nearly five times that of gravity. I've essentially just gained 250 kilos in two seconds.

When all goes well, spectators down on earth view the Breitling Jet Team as one mass of metal floating through the sky. The wingtips are often within three metres of each other. It's as if the pilots are working in adjacent cubicles that spiral, dive and invert at 800 km/h.

Bothelin, the leader, takes pride in his team's solidarity. "One guy's mistake can literally kill another guy," he says. But since Bothelin founded the team 12 years ago, he's lost only one pilot. Relax - the man left for health reasons.

Odds are you're not performing aerial stunts with your office sales group or five-a-side team, but the principles of working together still apply. Utilise them to help your own team soar.



Put a Premium on Passion

As his fleet grew from four to seven jets, Bothelin had to recruit pilots. Technical skill is all around. "But I'm looking for hunger," he says. Passion is key. So is flexibility. "I need people who can adopt plan B when plan A fails."

DEFINE YOUR GOAL

Ask five people to explain the team's goal and you usually get five different answers, says Ryan Hartwig, author of *Teams That Thrive*. If you're trying to boost sales, then say so. A clearly communicated mission statement will foster enthusiasm.



Create Some Tactical Rituals

Before flights, the guys meet to discuss every upcoming maneuver. Afterwards, they recount each loop and flyby, figuring out where they can improve. "We don't relax until we've gone over the entire routine," says Bothelin.

REMAKE MEETINGS

Assign a colleague to quietly watch a meeting and jot down observations. "You might find that some people are dominating or good ideas are being glossed over," says Hartwig. Now ask the group for some creative solutions.



Confess Your Blunders

Sloppiness in the air can be life-threatening. So Bothelin encourages his teammates to speak candidly about their in-flight flubs. "We all have to be humble," he says. "I admit my own mistakes first to initiate the process."

PLAY DUMB

If someone's not stepping up, Bothelin asks questions like "How do you think your attitude has been?" It works, says Hartwig. "He's asking questions that he knows the answers to." Try it: you'll motivate people to take responsibility.

TECHNICAL SKILL IS ALL AROUND YOU. BUT HUNGER IS HARDER TO FIND

Pack Like a Man

Hitting up a festival, hiking down a trail or just lazing on the beach? Don't just prep for a picnic – equip yourself for a feast



Bag It

THULE 24L ENROUTE BLUR

Don't be left scrambling for space. This bigger-than-it-looks backpack will hold all your gear with room to spare. *R1 899, duesouth.co.za*



Roll Out

DIAL-A-PICNIC BLANKET

Nothing kills the mood quite like a mottled, hair-covered dog blanket. Claim your corner with a quilt that's made for the job. *R369, takealot.com*



Flip Out

VICTORINOX EVOWOOD FOLDING KNIFE

With 14 different tools, this blade can cut through biltong, crack open a brewski or uncork the most defiant bottle of red. *R899, Cape Union Mart*



Power Up

SOLARMONKEY ADVENTURER

It's hard to relax when your battery is in the red. A solar charger will give you enough juice for emergency calls (and Instagrams). *R1 519, sustainable.co.za*



Knock Back

FRONTIER GOODS HIP FLASK

You're entitled to a dop, but don't brown-bag your brandy. Get sloshed in style with this hip flask, made right here in SA. *R380, frontiergoods.co.za*



Stay Cool

STANLEY CLASSIC HAMMERTONE

A quality thermos is a must. This flask will keep your coffee scalding and deal with more drops than the crowd at a Skrillex concert. *R799, yuppiechef.com*

MAKE A MEAL OF IT Man's Gotta Eat



► IM-PRESS

Coffee to go doesn't have to be served in a styrofoam cup. Enjoy a fresh-brewed cuppa wherever you are with the GSI Outdoorware 0.9L Java Press.

R545, outdoorware.co.za



► PLATE UP

Leave eating with your paws to the wildlife. Serve that rump tortilla on the dish it deserves. The lightweight, biodegradable EcoSouLife Dinner Plates makes for a perfect picnic wingman. **R75 each, Cape Union Mart**



► TUCK IN

You don't want to be hacking at your meal with a blunt knife. The GSI Glacier Stainless Steel 3PC Cutlery Set is up for any dish and won't rust on the run. **R185, outdoorware.co.za**

THE MISSING INGREDIENT

You've got the gear, now all you need is the grub. **Turn to page 79** to cook up the ultimate outdoor feast.



How Much Booze Do You Need for Your Party?

Calculate the right amount of alcohol to have your guests buzzed*

BY MARK ROBER, A FORMER NASA ENGINEER WHO HOSTS HIS OWN SCIENCE CHANNEL ON YOUTUBE

YOU'RE THROWING A BASH, AND IT'S GOING TO BE EPIC – or a total flop. It depends on having the right amount of booze. Too little means a drink run mid-party; too much and good luck kicking people out. Time for a little alcohol algebra. First, don't stock the hard stuff. People pour cocktails unevenly, so it's hard to measure how fast the hooch disappears. Then look at your guest list and gauge how rowdy the night could get. Each reveller's rate of quaffing will affect his or her level of inebriation.

For the average 72-kilogram guy, one drink an hour nets a blood alcohol concentration (BAC) of 0.02 and feelings of relaxation. Two drinks in that time brings his BAC to 0.04, meaning less coordination and fewer inhibitions. That's fine for poker night but probably not at your anniversary party. To figure out how many bottles of wine to buy, estimate the average guest BAC, party duration and number of attendees, and plug those into the equation above. For beer, do the

same but don't divide by 5. Serving both libations? Just divide your guest list by drink type and use both formulas. Or consult our chart below.

One quick rule: for a three-hour shindig with 0.04-type tipplers, multiply your guest list by 0.6 for wine and 3 for beer. (This factors in sober-up speeds and how more drinks compound.) While you could put any BAC into the equation, aim low: sober guests will drop your bacchanal's average. And solving for 0.05 or higher could enable drunk driving and binge-drinking: serious party-throws liabilities.

FOR EVERY 10 GUESTS, BUY...

BAC	3-HOUR PARTY		5-HOUR PARTY		8-HOUR PARTY	
	BEER	WINE	BEER	WINE	BEER	WINE
0.02	29	6	42	8	61	12
0.05	42	8	55	11	74	15

NOW OPEN! Home Bar

Gareth Wainwright from The Landmark Cocktail Bar in Joburg shares three of their best cocktail recipes. Stock up your liquor cabinet, host some mates and be the man in charge

1/ Tequila Old Fashioned

60ML	SILVER TEQUILA (CORRALEJO OR OLMECA ALTOS PLATA)
3	DASHES ANGOSTURA BITTERS
3	DASHES TOSCELLO BITTERS
2	TSP RUNNY HONEY

Pour the honey into a chilled whisky glass (chill the glass by putting it in the freezer for a few hours) and add the bitters and the tequila. Add ice cubes and stir until chilled and diluted to taste. Cut a strip of orange zest as wide as your thumb, fold it into the glass and serve.

2/ Gin & It

60ML	LONDON DRY GIN (HOPE ON HOPKINS OR TANQUERAY)
30ML	SWEET VERMOUTH (CARPANO CLASSICO OR CINZANO ROSSO)

Fill a large pint glass with ice and pour the ingredients over it. Stir for one minute until diluted and chilled. Strain the cocktail off the ice into a chilled martini glass and garnish with an orange slice or twist of lemon.

3/ Margarita Batches (makes 8)

330ML	SILVER TEQUILA (CORRALEJO OR OLMECA ALTOS PLATA)
165ML	COINTREAU TRIPLE SEC
200ML	FRESH LIME JUICE
100ML	WATER
SUGAR TO TASTE	

If you want to make margaritas but don't want to put in the elbow grease, combine all the ingredients into a clean, clear resealable bottle. Shake to mix just before serving and pour over ice in a whisky glass.

Your New Year, Resolved

JANUARY

The Revenant (22 Jan), Proteas vs England (from 3 Feb), *Deus Ex: Mankind Divided* (23 Feb)

Zoolander 2 and *Deadpool* (12 Feb), Lionel Richie SA Tour (from 13 March)

X-Files (Jan-Feb), NFL Super Bowl (from 7 Feb), *X-Men: Apocalypse* (27 May)



1 ENJOY LIFE TO THE FULLEST

Nothing says you're having a good time quite like a frosty pint of beer. The **Clarens Craft Beer Fest** is your chance to sample some, if not all, of what SA's best microbreweries have to offer. Visit clarens-craft-beerfest.com to score your tickets. **26-27 February**

2 SPEND TIME WITH FAMILY

You can start building that coveted tree house, but that's a lot of work and not much fun for dad. The **Cape Town Cycle Tour's** mountain-biking events and junior tour will give you all the quality time with your kids, and work up the right kind of sweat. **6 March**

3/ HERE BE DRAGONS

Here's hoping the creators of *Game of Thrones* have resolved to spare a few characters in season 6, set to start in **April**. You can expect more medieval mayhem and casual nudity, two things always worth your time.

4 LOSE WEIGHT & GET FIT

Entering into the world's toughest event will be all the motivation you need to kick your ass back into shape. Register for the **Ironman Africa Championship** (ironman.com) and prepare to swim, pedal and run until you reach your breaking point. **10 April**

5 FALL IN LOVE

If you are going to fall in love and have your heart broken it may as well be with a scantily clad hippy dream girl. **AfrikaBurn** is big on music, art, sand and heartbreakers. Hit up their website (afrikaburn.com) for all the deets and digits. **25 April-1 May**

6/ SUPERSIZED

Throwing two of the world's most iconic superheroes into the same movie... is there any way **Batman vs. Superman** can fail? Probably not, although Affleck has big shoes to fill after Christian Bale finally dropped the cape. **March**

You have 1 800 hours of free time this year. Don't waste them trying to figure out what to do. We've got the top resolutions and every possible way to achieve them – in the stands, on the sand or on the sofa

DECEMBER

Iron Maiden SA Tour
(May), *Independence Day*:
Resurgence (24 June)

Captain America (5 May),
Ghostbusters (15 July),
Rocking the Daisies (6-9 Oct)

Suicide Squad (5 Aug),
Star Wars: Rogue 1 (16 Dec)



NEW YEAR'S GOALS Beat the Numbers

Succeed where others failed – don't drop the ball on your New Year's goals

55

percent of guys don't make resolutions at all, happy to spend another year couch surfing.

46

percent of those who do, are still working on their goals by mid-year.

38

percent aim to shed kilos or add muscle.

36

percent give up on their resolutions in January.

34

percent want to become wealthy – or pay off a few debts.

8

percent actually realise their goals. These are life's winners... or they just picked some simple resolutions. Not a bad strategy.

Source: University of Scranton research, published in the *Journal of Clinical Psychology* (2015).

7/ HEAVY METAL

Iron Maiden has been shredding it since the 70s, but these old rockers aren't slowing down anytime soon. Catch them live as they tour South Africa, stopping off in Joburg and Cape Town. Just try to avoid the mosh pit this time... **May**

8 GET ORGANISED

Looking for novel ways to inject some zen into your cluttered home? **Decorex** – an annual design expo held in Cape Town and Durban – will give you more than a few ideas. **March-August.** Visit decorex.co.za for all the details.

9 CONQUER YOUR BAD HABITS

Whether it's chain-smoking or simply chewing your nails, slaying your real-life demons is hard work, we know. Distract yourself by carving up some of the underworld's virtual hellspawn in **DOOM**, to be released for Windows, PS 4 and Xbox One.

10/ THE OUTLAWS

You might think nobody can top Heath Ledger's Joker, but if there's an actor with the chops to match that performance, it's Jared Leto. He's dialling up the insanity for the *Suicide Squad* flick, which can only be a good thing. This movie looks mental. **August**

11 HELP OTHERS SUCCEED

Rally behind SA's best athletes at the **2016 Summer Olympics** in Rio de Janeiro. Yeah, you probably won't be jetting off to Brazil, but like every proper fan, you know Le Clos can hear you through the TV. **5-21 August**



Your 2016 To-Don't List

This is when you realise your goals and, more importantly, stop stuffing up. Here are 15 no-no's and never's for the new year

YOU NEED TO PUT THE BRAKES ON...

- 1/ Wearing caps indoors. Unless you've dropped a mildly popular mixtape, it's the quickest way to look like a douchebag.**
- 2/ Same goes for sunglasses.**
- 3/ Taking photos with your iPad. No, seriously, it looks like you're about to hit your toddler with a baking tray.**
- 4/ Spoiling without alerting. Game of Thrones doesn't need a real-life Lannister ruining it for everyone else.**
- 5/ Dressing up like Mark Cavendish to cycle to work. That 3km route isn't the Tour de France and nobody wants to see your smooth legs.**
- 6/ Laughing at your own jokes – you're not a radio DJ, or even that funny.**
- 7/ Saying everything is "on fleek". No one knows what it means – no, not even you – which means it doesn't mean anything.**
- 8/ And yes, the same goes for "bae".**
- 9/ Introducing her as "your current girlfriend".**
- 10/ Bringing your guitar to your friend's braai. "Wonderwall" sounds better through a set of speakers.**
- 11/ Uploading drunken selfies. The only thing getting trashed in the long run is your career.**
- 12/ Liking your own Facebook posts. It's the online equivalent of clapping for yourself.**
- 13/ Tying that top knot. It was cool for a while, but we can't see it lasting much longer. Get out with your dignity intact.**
- 14/ Browsing incognito. It'll keep your history clean, but if there's one thing online porn is good for, it's dodgy cookies.**
- 15/ Telling everyone you're Banting. You spent the weekend wolfing down bacon, isn't that enough?**

Acceptable Accessories

Wearing a hat indoors will make you stand out for all the wrong reasons. If you want to impress, invest in a statement watch – you should be looking for exotic hides, bright colours and other unusual accents.

A quality pair of leather sneakers will also upgrade your game, making even an average suit look like you mean business.

Your guy: Azeez Jacobs, Men's Health Fashion Editor

Comic Catastrophe

What's worse than a bad joke? Someone trying too hard to be the funny guy. Your best bet is to drop the act and go with the flow. If you're getting laughs, congrats, you were born with a bit of wit. If not, don't fret; it's not something that can be taught. When looking for material, don't steer clear of awkward situations. A little bit of cringe goes a long way for the budding comedian.

Your guy: Schalk Bezuidenhout, Stand-Up Comedian

Social Media Smarts

You shouldn't be filling your profiles with party posts, but that doesn't mean you should leave them blank either. Employers are starting to grow wary of people who don't have an online presence. Take control of what you put out there (fewer vodka shots, a lot more pics of you in a suit). Recruiters aren't searching for salacious details about your life; they're just looking to see that your profile backs up the skills you boasted about on your CV.

Your guy: Karl Smith, Personal Brand Coach

Put Down that Pork-ful

Recently the World Health Organisation outed bacon, and other processed meats as major cancer causers. While it's been classified alongside asbestos and tobacco, that doesn't mean your breakfast is as toxic as those other chemicals. However, the Cancer Association of South Africa says you should probably cut down, if not entirely cut out these meats from your diet. Why? Just 50g of bacon a day can increase your colorectal cancer risk by 18%. Those aren't exactly great odds.

Your guy: Professor Michael Herbst, Cansa Head of Health

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#keepasking
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Ride the Thunder



#MHCHALLENGE
2016

The rapids of the Zambezi offer arguably the best white-water rafting experience in the world. Our writer travelled to Zambia for 3 days of turbulent water, 3 nights of moonlit camping, and the best that Mosi-oa-Tunya, the “smoke that thunders”, has to offer

BY ARTHUR JONES

T

THE ZAMBEZI IS AN adrenaline artery. The mighty twisting lifeline provides food and water for locals, and pure adventure concentrate for the

tourists who come for a taste of its famed white waters. My rafting adventure started at one of the Seven Natural Wonders of the World, in Batoka Gorge below the mighty Victoria Falls, and then passed through some of the best scenery that Africa has to offer. This was a human-powered rafting trip: no engines, no cellphone signal and definitely, absolutely no social media.

We rafted through over 45 rapids of different levels, a number of which aren't available in other commercial trips, and paddled over 50km through the steep canyon with Fish Eagles, fisherman and even an inquisitive crocodile for company. We drank cold, hard-earned beers at the end of every day, ate good, hot meals, toasted our craft-based camaraderie, and fell asleep to the soundtrack of the river under the light of the stars. This is the proper way to experience the real personality of the Zambezi, its temper and its beauty, and this is the reason why you don't need to leave Africa to have one of the best adventures in the world.

It started with a flight into Harry Mwanga Nkumbula Airport in Livingstone, Zambia, which is very different from its neighbour across the river. Where Victoria Falls in Zimbabwe is a large, hotel-studded operation with plenty of numbers and dollars, Livingstone is quieter, friendlier, and filled with small-town character. Colonial buildings line tree-studded streets in the small city centre. I stayed at the Victoria Falls Waterfront in Livingstone before and after the rafting trip. It's on the edge of the Zambezi and 4km upstream from the Falls, and has a mix of backpackers, overland travellers and European tourists staying in accommodation ranging from tents and campsites to chalets. It's also an adventure village - and the headquarters of Safari Par Excellence, known locally as Safpar, one of the most popular adventure companies in the region. They've been offering rafting adventures for 28 years, as well as game drives, river cruises and more. I met my rafting teammates (a mix of great people from Zimbabwe, Canada, Norway, Spain and England) and guides for a safety briefing and a few bottles of Mosi, a local beer, the night before the trip. Next day it was a hike down into the Batoka Gorge, and the start of my adventure. **Here's what I learnt from my ride on the Zambezi.**



1

Most people don't really know what white river rafting is.

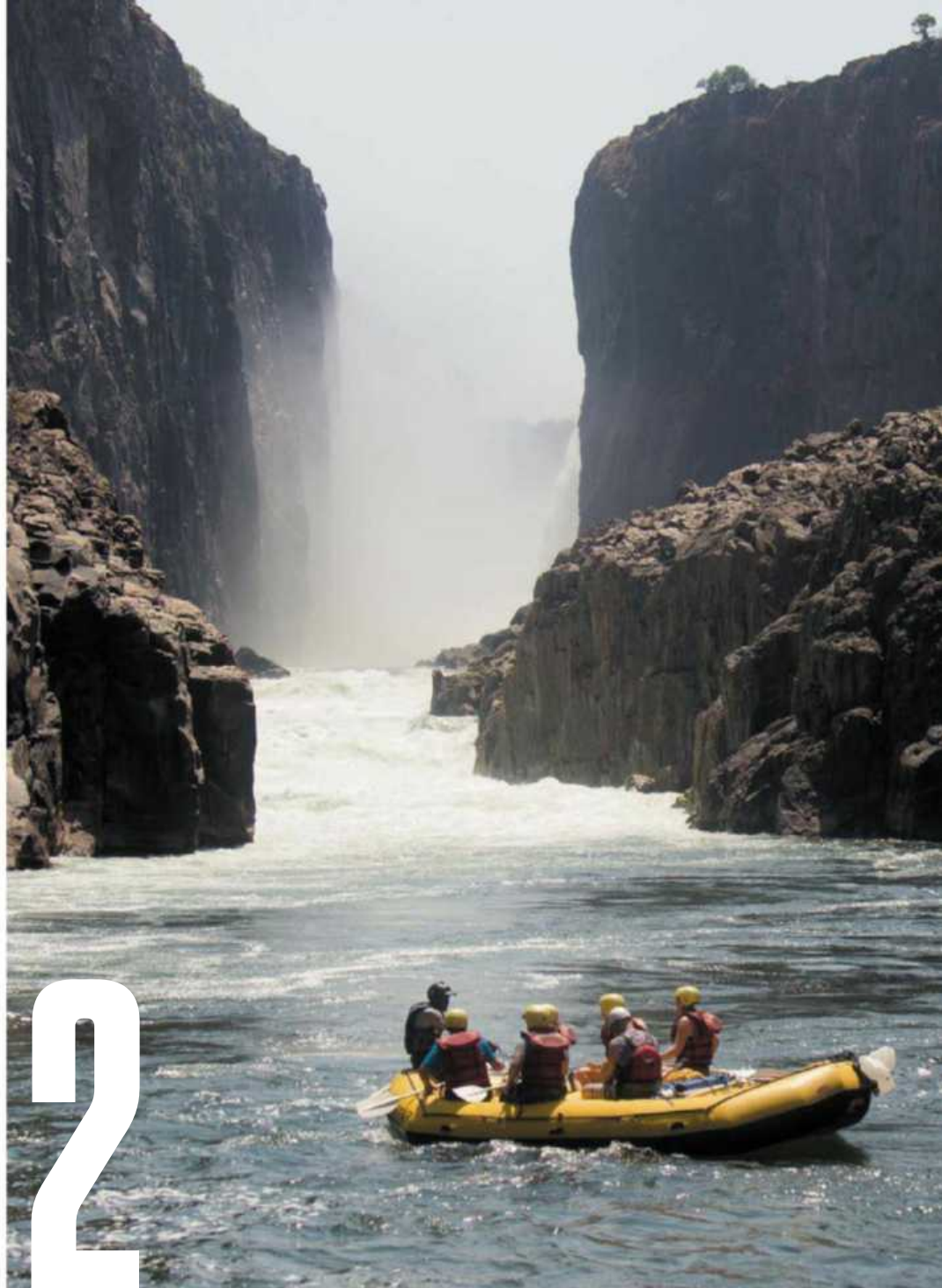
"If you go rafting anywhere else in the world, it's mostly flat," says Andrew Bolton, our Safpar trip leader and a guiding legend on the Zambezi waters - his nickname is "Sven" due to his Nordic looks. "And it's not rafting." This is faster, with bigger drops, and is generally a lot more challenging. "People who are risk-averse won't try this." The relative cost of this Zambian trip is also a benefit, because it's much better value-wise when evaluated against other top adventures in New Zealand, Europe or South America. In Africa, you can do the Orange River, or you can try Uganda - but if you want the best in white water, the Zambezi is still the top ticket. The variety of the rapids is amazing, and not only did we flip the raft a few times, it also went vertical twice (at rapids 6 and 8), and even did something called a "taco" where the inflatable raft bends in half. This is not a sedate paddle through calm waters.

ZAMBEZI RAPID GUIDE

"Fewer than 5 000 people have done the same route as this 3½-day trip since the start of commercial rafting in 1981," says Bolton. Normal trips either consist of a half-day, which covers rapids 1 to 10; or a full day (rapids 1 to 25). Our trip covered more than 40 rapids (32 being the famous ones below) and 50km of paddling. Each rapid has a class from 1 to 5 – 5 being the most powerful. (Six means you portage around it.)

- RAPID 1**
AGAINST THE WALL **CLASS 4**
- RAPID 3**
THE BRIDGE **CLASS 3**
- RAPID 3**
NO NAME **CLASS 4**
- RAPID 4**
MORNING GLORY **CLASS 4**
- RAPID 5**
STAIRWAY TO HEAVEN **CLASS 5**
HAS A BIG DROP, AND A HUGE HOLE ON THE LEFT (THE CATCHER'S MITT) THAT YOU AVOID AT ALL COSTS.
- RAPID 6**
THE DEVIL'S TOILET BOWL **CLASS 4**
- RAPID 7**
GULLIVER'S TRAVELS **CLASS 5**
PLENTY OF OPPORTUNITY FOR TROUBLE.
- RAPID 8**
THE MIDNIGHT DINER **CLASS 4**
- RAPID 9**
COMMERCIAL SUICIDE **CLASS 6**
PORTAGE AROUND THIS ONE.
- RAPID 10**
THE GNASHING JAWS OF DEATH **CLASS 4**
- RAPID 11**
OVERLAND TRUCK EATER **CLASS 5**
- RAPIDS 12A, 12B & 12C**
THE 3 UGLY SISTERS **CLASS 4**
- RAPID 13**
THE MOTHER **CLASS 4**
IT'S NOT A CLASS 5, BUT IT'S TOUGH NONETHELESS, WITH A HUGE WAVE TRAIN. LIKE ITS NAME, IT NEEDS LOTS OF RESPECT.
- RAPID 14**
NO NAME **CLASS 3**
- RAPID 15**
THE WASHING MACHINE **CLASS 5**
- RAPIDS 16A & 16B**
TERMINATORS I & II **CLASS 4**
- RAPID 17**
DOUBLE TROUBLE **CLASS 5**
- RAPID 18**
OBLIVION **CLASS 5**
THREE WAVES MAKE THIS RESPONSIBLE FOR THE MOST RAFT FLIPS IN THE WORLD. ONLY 1 IN 4 SUCCEED.
- RAPIDS 19-22** NO NAME **CLASS 2 & 3**
- RAPID 23** MORNING SHAVE **CLASS 3**
- RAPID 24** MORNING SHOWER **CLASS 3**
- RAPID 25** CLOSED SEASON **CLASS 3**
- RAPID 26** OPEN SEASON **CLASS 5**
- RAPID 27** NARROWS 1 **CLASS 3**
- RAPID 28** NARROWS 2 **CLASS 3**
- RAPID 29** NARROWS 3 **CLASS 3**
- RAPID 30** NARROWS 4 **CLASS 3**
- RAPID 31** CHAMAMBA **CLASS 4**
- RAPID 32** UPPER MOEMBA **CLASS 5**
A ROILING, MULTILEVEL MONSTER

X



People don't do the paddling for you.

It seems relatively obvious, but this trip requires a decent level of fitness as you'll be paddling hard for three days (especially on the longer third day). You can't shirk this, as your team and its line requires you to pull your weight. On the last day, you'll also need to be able to do a 20-minute hike out of the gorge.

BE PREPARED The Safety Position

If you're thrown from the raft, lean back so that your feet are up ahead of you and your knees are bent. Keep your head above the water,

and use your hands on either side to tread and steer. If you're heading towards a rock, brace for impact and place your feet on the

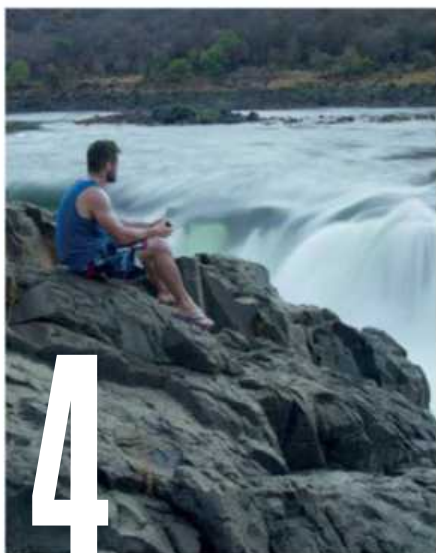
rock, bending your knees to absorb the hit. Never try to stand up or swim to shore. The safety guide in a kayak will help you.



3

Crocodiles don't like rapids.

It was one of the first pieces of treasured advice from Bolton. It gave me cold comfort that when, and not if, I was thrown from the raft, I wouldn't have to worry about the sneaky reptiles. We only saw a toothy visitor on the last night of our trip, and even though he stuck around near our last beach campsite at the beautiful Lower Moemba Falls for a while, he thankfully didn't join us on the sand for our final evening drinks.



4

The camping side of things is definitely a drawback.

"If you don't like the wilderness, this isn't for you," says Bolton. "This offers a different experience that lets you see the beauty of the country." This is a camping trip using a raft instead of a 4x4 or backpacks. You won't see much in the way of animals due to the steepness of the gorge, but you will see spectacular birdlife (including Fish Eagles) and the gorge provides exotic beaches and beautiful waterfalls, especially at the last campsite. Bolton, our trip leader, was in charge of the gear raft, which carried all the supplies and possessions, all tightly secured in dry bags and a complex strapping system. He was in charge of getting this (much heavier) raft through all the same demanding rapids as the clients' raft, and with only himself providing the paddle power, not a whole team. Respect.



5

You need to visit when the water levels are low.

This sounds counter-intuitive, but it's not. Granted, the water isn't rushing as hard, but it makes the rafting more interesting. "When the levels are low, the gradients are higher, the drops are deeper and the rocks are more exposed," says Bolton. You can see the difference in water levels as the vegetation line on the gorge walls is much higher, in some cases 8m. Sean Edington, Safar guide and head of production of trip photos and video, agrees. "It's more exciting to come from the middle of August onwards: the rapids change so you don't know what to expect."



6

The Zambezi deserves respect.

Even though the guides are incredibly good at what they do, it's still a dangerous undertaking. People have died on the Zambezi, but thankfully none since 2007 thanks to the guides' expertise and speedy helicopter evacs. "People think doing this is a fantasy, but it's not; it just needs respect," says Bolton. "You can't take on dangerous activities in nature and expect them to be made totally safe - that's impossible." I was cocky after the first day. I was seated second on the raft, and was able to stay in when others were catapulted. But the second day was different - I was at the very front of the raft and was thrown around like a ping pong ball, and did more swimming than a rubber duckie. This is where the guides' skills save lives: they know which line to take, and how to handle every mishap. There's also a safety guide in a single kayak who goes before the raft and watches out for anyone who might get thrown. Safety is also a matter of good sense. "Clients must listen to the guide, and work together as a team," says Melvin Ndlelewa, our Safar guide with over nine years experience. If you don't paddle as a team and someone skips on the work, you miss the right line, and you can end up in a whirlpool.



Photos don't do these Falls justice.

It's the biggest curtain of water on Earth. When it's at full flow, 550 million litres pass over the 100 metre edge every minute. You can see the spray from 20 km away. I've seen it at full flow, and it was at its lowest during this trip, but it's always impressive. If you can, opt for the Devil's Pool experience too (see The Zambezi Experience).

8

This adventure may have an end date.

The Batoka Power Scheme is a plan devised by both Zambia and Zimbabwe to create a system of hydro power units in the Batoka Gorge, and in its current format, would mean that most of the white-water rafting activities would come to a sad end. This project is still being debated and investigated, so there's no concrete answer yet. Either way, don't wait too long before buying your ticket to Zambia.



SIGN UP The Zambezi Experience

3½-Day, 3-Night SafPar Package

AUGUST-DECEMBER

This four-day trip includes two nights' accommodation at the Waterfront and a sunset cruise on your first or final night. The rafting trip departs on a Friday, so you'll arrive on Thursday and depart on Tuesday.

MH readers can book the trip on Safpar.com or Zaminfo.com and enjoy a 15% discount. The season is from mid-August to late-Dec (low-water season). **\$990 safpar.com***

ADD ADRENALINE The Extras

The Devil's Pool

LOW-WATER SEASON

This is a small, natural rock pool on the edge of the falls that's only accessible when the water levels are low. The views are as incredible as they sound, and if you choose the Morning Breezer option (psst: it's cheaper), you'll get some rainbows in your shots and a quality breakfast. The friendly guides are all on hand to make you feel safe.

\$98 Morning Breezer safpar.com

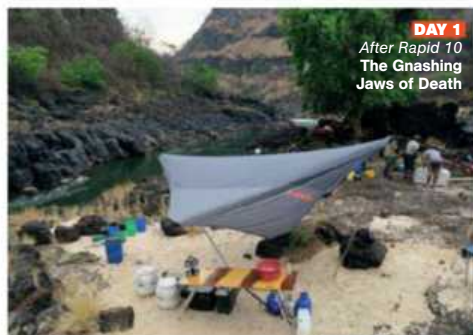
Microlight Over the Falls

THROUGHOUT THE YEAR

A five-point harness is all that separates you from the elements and outstanding Falls views. You'll get to see wildlife too – I watched a croc take pieces out of a submerged buffalo. Ask for Pascale Molegaba, an ex-Russian MIG fighter pilot who happens to double as a trove of local info.

\$170 (15-minute option) safpar.com

WHITE WATER LIVING The Three River Campsites



DAY 1
After Rapid 10
The Gnashing
Jaws of Death



DAY 2
After Rapid 26
Pirate Bay



DAY 3
The beach campsite at
Lower Moemba Falls



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The Steal

What a childhood of petty crime taught our writer about kindness

BY DARREL BRISTOW-BOVEY
ILLUSTRATION BYRON GRAPER

SOMETIMES IT TAKES TIME TO UNDERSTAND THE LESSON YOU'VE LEARNT. Mr Hoomchand Chanda taught me the first great lesson of my life, and for a long time I didn't think I'd learnt a thing.

Mr Hoomchand Chanda owned the Lighthouse Tea Room and Takeaway at the top of Beacon Road. He had a greyish beard and wore a white kurta with grey flannel trousers underneath and his name was written very proudly on a sign above the doorway: "Proprietor: Mr Hoomchand Chanda".

Some kids in my class used to shoplift at the Lighthouse Tea Room. Mr Hoomchand Chanda sat on a high stool behind the till but he couldn't be looking everywhere at once. Tommy Ashhurst and Dudley Renyard used to divide his attention and steal Chappies and Cola-flavoured Wilson's Toffees from the jars in front; sometimes they'd get away with braids of liquorice or packets of Toff-O-Luxe. They'd swagger around at school with their loot and sometimes share with kids they liked; i.e. not me. I didn't like Dudley Renyard and I was a bit afraid of Tommy Ashhurst, but that's not why I wished

they would get caught. No, I wished that they'd get caught because then I wouldn't feel so bad about the fact that I was also shoplifting from Mr Hoomchand Chanda.

I didn't work as a team with Dudley or Tommy and I definitely didn't boast about it afterwards; I was labouring in the service of much darker compulsions. Everything I did, I did in secrecy and silence, and I consumed my haul in solitude and shame. I wasn't sneaking away with sweets or toffees or gum; I was stealing porn.

Well, not porn, exactly, but the version of it that was sold in corner cafés in South Africa in the days before women officially had nipples. There was a shoddy little publication called *Giggles 'n Gags* that featured saucy jokes and rude riddles, hand-drawn cartoons of high-heeled ladies with big bosoms, black-and-white photos of bouncy big-haired gals with inked-in stars over their breasts. Sneer all you like, but when you were twelve years old in the 80s, that was hot stuff. To get one hand on that kind of material I'd have handed over my credit card number on the Internet, if only the Internet and credit cards had been invented yet.

I

I WOULD GO IN AND LINGER at the magazine rack, flipping through *Archie* comics and *MAD* magazine, working my peripheral vision. The moment Mr Hoomchand Chanda was sufficiently distracted by someone ordering a toasted

cheese-and-chip sandwich or a pack of Gunston Toasted, I'd slip *Giggles 'n Gags* under my shirt and hold it there a long, agonised minute, waiting for signs of suspicion from behind the till. Then slowly, incrementally, I'd ease it into the elasticated waistband of my white PT shorts and sidle nonchalantly to the counter, buy some sour apricots or a marshmallow mouse, then super-casually stroll out, trying not to move too much in case the pages rustled. I needn't have bothered: pages soaked through with nervous belly sweat seldom rustle.

I wasn't proud of what I was doing, but I was a kid with hormones and no other access to female semi-nudity. I didn't have the money to buy them, and even if I did, no adult would have sold them to me, and even if they would have, I'd have been too embarrassed to try.

I suppose eventually Mr Hoomchand Chanda must have taken note of the small, sweating boy who came at the beginning of each month, just after the new magazines were delivered, to loiter with intent before buying a marshmallow mouse, or perhaps it had been going too smoothly for too long and I had become complacent, because it all came suddenly to an end.

On this occasion I was still in my school uniform as I shuffled up to the counter at the Lighthouse Tea Room. I could feel the sheen of moisture between my skin and the cover over the *Giggles 'n Gags*. I handed Mr Hoomchand Chanda my coin for the mouse, but he didn't take it. I began to have a terrible feeling in the pit of my stomach.

He said, "What is that under your shirt?"

I couldn't breathe.

"Nothing," I said.

"Please," he said, "give me the magazine under your shirt."

I decided to run for it.

In my mind I legged it out the door and down Beacon Road and then sprinted the long way round back home so that even if he chased me he wouldn't know where I lived, and then I spent the rest of my life never coming back to the Lighthouse Tea Room. When my mom sent me for milk I would walk to Texa's Café, even though it was twenty minutes away.

But did Mr Hoomchand Chanda know who my mother was? Could I stop her ever coming back? If I told her the café had burnt down, would she check for herself?

In the real world, I was too frozen with terror to run.

"Come here, please," said Mr Hoomchand Chanda.

I walked to him in a terrible dream. He lifted my shirt and took the *Giggles 'n Gags*. He shook his head with infinite disappointment, both at the theft and at what I'd chosen to steal. I knew that no one could survive the shame of that moment: I was about to spontaneously combust and burn until all that was left was the carbonised ashes of my wickedness and sin. This was the worst thing that had ever happened, but not the worst thing that would ever happen - that would be what came next, when he called the police or my school, and they called my mother. Nothing that would ever happen as long as I lived would be worse than what was coming next.

Mr Hoomchand Chanda rolled and unrolled the *Giggles 'n Gags*. He didn't start shouting, he didn't even seem angry. He just seemed sad.

He sat down on his stool and started explaining the economics of owning a corner shop. He told me that he worked very long hours, from very early in the morning until very late at night, in order to make money to feed his family and send his kids to school. He had sons about my age - I'd seen them in the shop sometimes, packing boxes or wrapping rolls. He told me that when people steal from his shop it's as though they're taking food off their plates.

It didn't occur to me to think this then, but it does now: I wonder how I might have reacted if I was Mr Hoomchand Chanda, running a corner café in a white suburb in apartheid South Africa, working fifteen hours a day to give my children an education half as good as that of the kids who are preying on me. I think if I had been Mr Hoomchand Chanda, I would have taken the opportunity to seek some measure of justice. I think, even more than that, I would have wanted to look in the eyes of one of the white customers who are so convinced they're better than me, and tell them that their son is a thief. I don't think I would have been able to stop myself taking some measure of quiet, dignified revenge.

But Mr Hoomchand Chanda sat quietly and explained to me the consequences of my stealing, how I was affecting him and his family, how I would affect my family and myself. I cried and the snot ran and

I begged him not to tell my mom, and he put his hand very gently on my shoulder and asked me if I would promise never to do it again, not to him or to anyone else. I promised, over and over, through my tears, hardly even daring to hope. And then Mr Hoomchand Chanda gave me some tissues from the box he kept behind the counter for when he needed to mop his brow on hot afternoons, and he told me to go home and do my homework.

I want to say Mr Hoomchand Chanda taught me responsibility and the consequences of my actions, but he didn't. I didn't stop stealing. I didn't - it shames me beyond words to say this - I didn't even stop stealing from him. I was an awful, awful child, but I'm a better adult, because in time I learnt what Mr Hoomchand Chanda really taught me about kindness, and the power of refusing to allow the world and other's people's actions dictate to me who I am and how I must be.

A

A YEAR OR SO LATER WE MOVED AWAY FROM that neighbourhood. I never saw Mr Hoomchand Chanda again, but I think about him and his sons and I hope they're as proud of him as I am grateful. Men learn to be men from the men they meet, but we're not always men enough to thank them.

MH

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Muscle + Fitness

Compiled by
Arthur Jones



The Strong and the Famous

Dan Roberts has arguably the best job in the world. He trains Victoria's Secret supermodels, famous actors and even royalty. You won't be hitting catwalks or winning Oscars, but here's what you can learn from the greatest celebrity trainer

BY ARTHUR JONES



MASTER OF ALL
Dan Roberts trains for
events to learn new
skills – and help his
famous clients

1/ Make the commitment to trying something new. And invest in a coach

Exercise is not only about treadmill sessions and bicep-and-tricep day at the gym; there are thousands of physical challenges that will make you stronger, leaner and fitter, and are also more enjoyable – which will help you stick to the plan. And even famous trainers invest in their own training and use other coaches. “I’ve embraced using coaches over the past 10 years; I now have private one-one-one sessions in everything you can think of. Right now I’m currently learning Brazilian Jiu Jitsu, and even though I’m a beginner I’m loving it. Time is a luxury I don’t really have anymore. So, just like my clients, I want to get as much done as I can in short period of time,” says Roberts.

2/ Incorporate the best of different approaches, especially within sport

Roberts is truly multidisciplinary. It’s hard to pin down exactly what his fitness formula entails, as it incorporates so many different elements, but his goal is always to get people in touch with their athletic self. His influences include athletics, power lifting, yoga, sports conditioning skills, Pilates, parkour, boxing, martial arts, the Alexander technique, Zen philosophy, optimal nutrition – and in his own words, “the lost art of having fun and playing” forms a central part of his training philosophy. “This stems from my own experiences as both an athlete and a trainer, but at my core I’m a strength and conditioning coach and there are solid scientific principles that guide my exercise programming. My training methods change and adapt as I get older and wiser, but the principles always stay the same: make my clients move better, make them functionally more capable and make sure they have fun and feel inspired to do more.”

Roberts follows the same philosophy with his own training. “Maybe it’s a hangover from being an athlete, but I tend to train for events. I love sports-specific conditioning. When I got into rock climbing I did 100 fingertip pull-ups every single day. When I ran ultra marathons all I did was run. When I had my first Muay Thai fight I was doing lots of power and speed work. So I like to mix it up. I love playing with a heavy bag, and I try to go down to the track whenever I can to run laps. This is old-school conditioning work; techniques like sprinting the straights and jogging the corners. I don’t care how fit you are, doing it properly will provide a really tough workout.”

3/ The world is too vain already, and the fitness industry is just making it worse

“Training for the wrong reason is the biggest mistake most people are making these days. In the fitness industry today, far too much emphasis is placed on training muscles rather than movements,” says Roberts. “Training is how we connect with the side of yourself that modern living makes us forget.” Sitting in a chair all day plus years of inactivity means our body struggles with simple movements: a pull-up is a basic thing that we all should be able to do easily. “We are all designed to be athletes. So going to gym is a chance to remind your mind and body of this. Training just to look good is a waste.”

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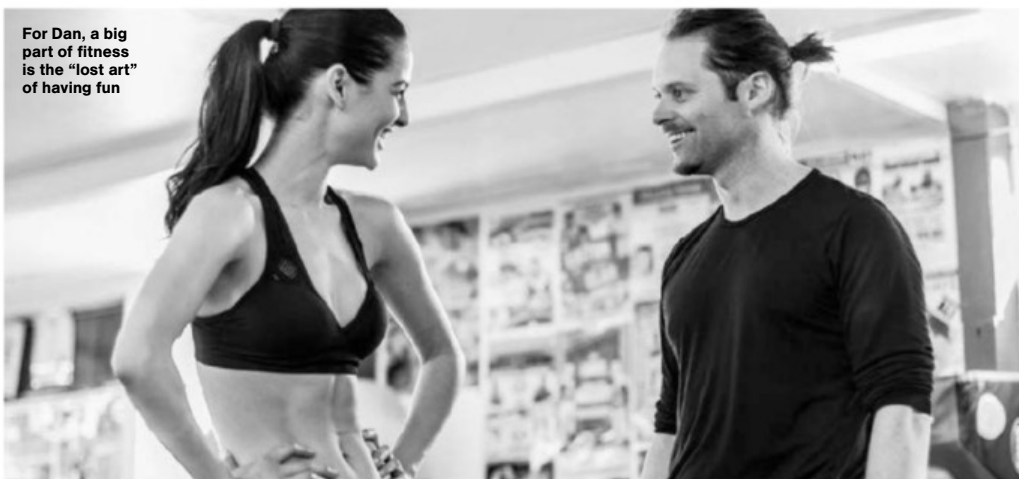
IT SHOULD BE EASY TO HATE DAN ROBERTS. THIS STRENGTH AND conditioning coach has Victoria’s Secret Angels on speed dial; he spends his time flying between New York, Miami and London; he has famous athletes, Oscar winners and even royalty as part of his client group. *Vogue* calls him a personal trainer to the stars and he’s led an envied life of travel and adventure. He’s also had a successful professional Muay Thai fighting career in Thailand, trained models in Rio de Janeiro, coached sports teams

since 1993 (especially lacrosse and tennis) in London and the US, and held boot camps all over the world. He’s lectured on personal training, been a columnist for a number of fitness publications, and even though he still does private one-on-one training, he now has a team of specialist trainers working for his brand. And most importantly, he’s created two hugely successful signature workouts, Methodology X (the supermodel workout) and X Combat.

But the real kicker is this: he’s actually a great guy, and his fitness offering is an authentic one. There’s no ego or entitlement, he’s refreshingly discreet, never namedropping his client roster, and he’s working just as hard for his clients now as he did when he started. He’s not out to collect social media affirmation, celeb advertorials or endorsements, like so many “enter-trainers” out there – he genuinely wants his clients to have a better relationship with their bodies, and get them stoked about what they’re capable of. You can’t help but respect him for the exercise empire he’s created, and the fact that he’s never stopped learning.

By far the biggest benefit of all this is that you can learn from everything he’s done to improve your own training – and no, you don’t need to be famous, rich or genetically gifted.

For Dan, a big part of fitness is the "lost art" of having fun



4/ Hard work and constant learning trumps any number of gimmicks and fads

"I'm coming up to 19 000 hours of one-on-one coaching, and I've never once lost my passion for training people. Some of the trainers I've mentored over the years open up about their frustration of constantly struggling to get new clients; I think the problem is that the hand-to-mouth existence of self-employed trainers encourages short-term thinking," says Roberts. "I spent a lot of time very poor, as I spent all my income on courses and workshops. I was always thinking bigger-picture stuff. I wanted to be the best trainer in the world when I started, which is a crazy, arrogant and totally unmeasurable goal, but it affected all my decisions. I worked in different cities around the world just for the experience, I trained people I knew would be hard work, just for the experience. I studied things that didn't interest me, and worked longer hours than people around me. I'm not saying I'm the best, but I'm 100% confident I can hold my own with any coach working today. I'm proud of that."

5/ Don't hate your body - respect what it's capable of

"One thing I've never trained for (yet) is to purely look good; that side of fitness has never really excited me," says Roberts. "Exercising isn't about what you look like, it's about becoming the best athlete you can be. Your body is an instrument, not an ornament." Roberts also started his own #loveyourbodyfriday campaign that fights body shaming of any kind.

"THE PRINCIPLES ALWAYS STAY THE SAME: MAKE MY CLIENTS MOVE BETTER, MAKE THEM MORE CAPABLE, AND MAKE SURE THEY HAVE FUN"

6/ No matter who you are, the goals are the same

Just because someone is a blue blood or gets plenty of screentime doesn't mean their physical goals are any different. "I treat all my clients as athletes. Everyone I work with is treated differently depending on their needs, current athletic ability and their personality. Their social status doesn't factor into that. I don't accept diva behaviour - I just do my job and look to get results. That's how you earn respect and trust," explains Roberts. In terms of obstacles, he faces common ones that affect everyone from supermodels to the average guy: the most common being time and access to a training spot. But he finds a way to include short, intense workouts that don't require tools. "I love bodyweight training, martial arts and agility and track-conditioning work. All these require very few tools," says Roberts.

7/ There are four ways to ensure you get the most out of your training

(A) SET REAL, PRACTICAL GOALS

"Find out what your real goals are, then together with a trainer and training partners, achieve them. Training is about teamwork," says Roberts.

(B) RESPECT YOUR TRAINER

"Mutual respect is the foundation of good coaching relationship and allows amazing work to be done," says Roberts.

(C) CONSISTENCY BEATS EVERYTHING

"The secret to a good body is training consistently," says Roberts. "What you do isn't as important as how often and how intensely you do it. I know guys who train like morons, but they achieve their goals because of consistency. I could get them that body in a lot less time, and without injuries."

(D) LEARN SOMETHING NEW EACH SESSION

"I aim to hit something memorable in each session," says Roberts. "Be it a new PB, an outlook or a new skill. Something that helps them come back the next day."

HIS PLANS, YOUR LESSONS

THE XCOMBAT PROGRAMME IS A FIGHTING-FOCUSED TRAINING ROUTINE WITH PLENTY OF PHYSICAL BENEFITS

This is a six-week, home-based workout that is a combination of martial arts, fight conditioning, intense movements and athletic challenges. The DVD has five 35-minute workouts (the topics: lower body power, core and abs, upper body sculpting, cardio conditioning and combat skill development). The workout increases in difficulty and intensity as you rise through the so-called belts. You also get a detailed nutrition guide.

LESSONS #1:

Weights aren't the only muscle-building solution.

Use time-saving compound bodyweight moves and plyometrics to target the biggest muscle groups, and combine them with HITT to torch fat and build muscle that works for you in all ranges of movement. And on your rest days, use low-impact, low-intensity cardio to recover quickly.

LESSON #2:

Yoga and Pilates can help you improve core strength, posture, balance and flexibility

But most types don't provide a challenging cardio or effective muscle-building workout. For a complete workout, you need to add HITT, strength training and distance training.



Rapid Fire Questions: FAST ANSWERS, FASTER RESULTS

WHICH COACHES DO YOU ADMIRE?

"Mike Boyle is my favourite strength and conditioning coach. Another trainer who I have a ton of respect for is Jason Walsh in Los Angeles. He looks after my clients when they travel over there and is one of few people I totally trust with my private clients."

WHAT ARE THE NEXT BIG TRAINING TRENDS?

"The mix of mindfulness with exercise will be big in 2016. The trend of wearable technology is changing the industry and will only get bigger. And lastly, online training will continue to grow. Plenty of these global trends start in New York."

WHAT ARE THE BEST TIME-SAVING, BANG-FOR-BUCK MOVES?

"Heavy deadlifts, 10 sets of 100m sprints, 5 sets of 2-minute rounds of punching bag work. These will destroy you, no matter who you are."

LOST
70KG

Carrick doing speed
work on the SSISA
indoor running track

The Belly Off! Club

Beat the Bulge with Running Shoes

Neil Carrick lost an incredible 70kg with the winning combination of clean eating and smart training

BY ARTHUR JONES
PHOTOGRAPHS ANGELOS
PAPAKONSTANTINOU

The Gain / I've always been a big guy. In matric I weighed 100kg and after my year of compulsory military service I managed to get down to 85kg. My battle with my weight really set in when I entered my first job. I was required to do lots of socialising after hours with plenty of drinking and eating, and I had **sleep apnoea** (which I didn't know at the time) which led to constant fatigue. I was always tired, and I ate more food to get energy. This vicious spiral intensified through my tiredness, overeating, drinking and the fact that I'd I stopped all forms of exercise. I was an emotional eater - I loved my carbs and had a real sweet tooth. I also discovered I was insulin intolerant so that made losing weight tricky. The more I tried to lose weight the more I just seemed to put it all back. Yo-yo dieting did me no favours and coupled with sleep apnoea, I was having a really bad time. I hit rock bottom when I weighed in at a whopping 158kg.

"I REDUCED MY OVER-ALL BODY FAT BY 35%"

The Change / The turning point for me happened when an overweight colleague of mine had such a severe back injury while on holiday that he ended up stuck overseas and was not able to work for months. I had a long hard look at myself. In my current job I still do a lot of entertaining and it's easy to wine and dine and not look after yourself. My work environment is also very stressful and I realised that this was the ideal recipe for a heart attack.

"WHEN THE KILOGRAMS TAKE LONGER TO DROP, IT'S STILL ENCOURAGING TO SEE THE CENTIMETRES FALL AWAY"

The Strategy / After many failed diets, this is what I focused on: a low-GI eating plan; I weighed my portion sizes; ramped up my **fruit and vegetable** intake daily; cut alcohol and limited carbs; and drank two to three litres of water per day. In the beginning I couldn't do any exercise so that wasn't on the agenda - I first needed to drop 20kg and get into better shape. At every weigh-in session we took my dimensions and I started to plot this on a graph. This became my motivational tool. We also analysed my body fat composition every few months. Slowly I started to see progress but it was not always plain sailing. There were always challenges and some months went better than others. When the kilograms take longer to drop, it's encouraging to see the centimetres fall away.

The Reward / In October 2014 I completed my first 10-km Gun Run in 57 minutes. In February 2015 I embarked on a **7-week OptiFit programme** to do the Two Oceans 21km with the Sports

BEFORE & AFTER



AGE
42

LOCATION
City centre, Cape Town

OCCUPATION
Branch Manager

HEIGHT
1.78m

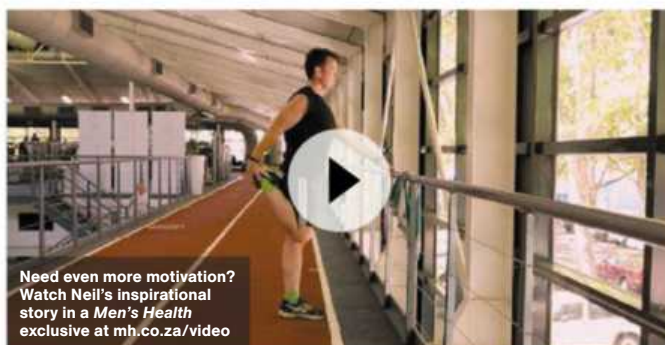
WEIGHT BEFORE/AFTER
158g / 88kg

TIME TO GOAL
2½ years



Science Institute of SA (SSISA, my current gym). They coached and guided me and through their expert support I managed a time of 2:15:00. Since then I have completed four half-marathons, with a PB of 1:57:00. My sprint time for 1km is 4:06. My average running pace is 5 minutes per kilometre, thanks in large part to my running club, K-Way VOB.

The Result / I dropped 70kg. My chest dropped by 38.5cm, waist by 40 cm, belly 46 cm, hip and bum by 35cm. I reduced my overall **body fat by 35%**. This journey has and continues to be a process of learning to believe in myself. It has been tough at times but I have learned to never give up, and that if I want something badly enough, I can achieve it.



Men's Health BELLYOFF
LOSE YOUR GUT AT BELLYOFF.CO.ZA!

STREAMLINE YOUR BODY (AT HOME)

Use this simple bodyweight workout to help build strength, get faster and slice your body fat percentage. If you want to be a good runner, you can just do running training – this resistance work will make you faster, fitter and leaner.

WARM-UP

- 1. Leg Swings** Hold onto a wall for support, and swing your right leg forward, backwards, side to side; 20 reps each. Then swap legs.
- 2. Hip Thrusts** Lie on your back, arms at your sides. Raise your hip towards the ceiling, and hold for 3 seconds. Do 15 reps.
- 3. Bear Crawl** Get onto all fours, and slowly walk forward for 20 metres, putting equal weight on your hands and feet.

THE CIRCUIT

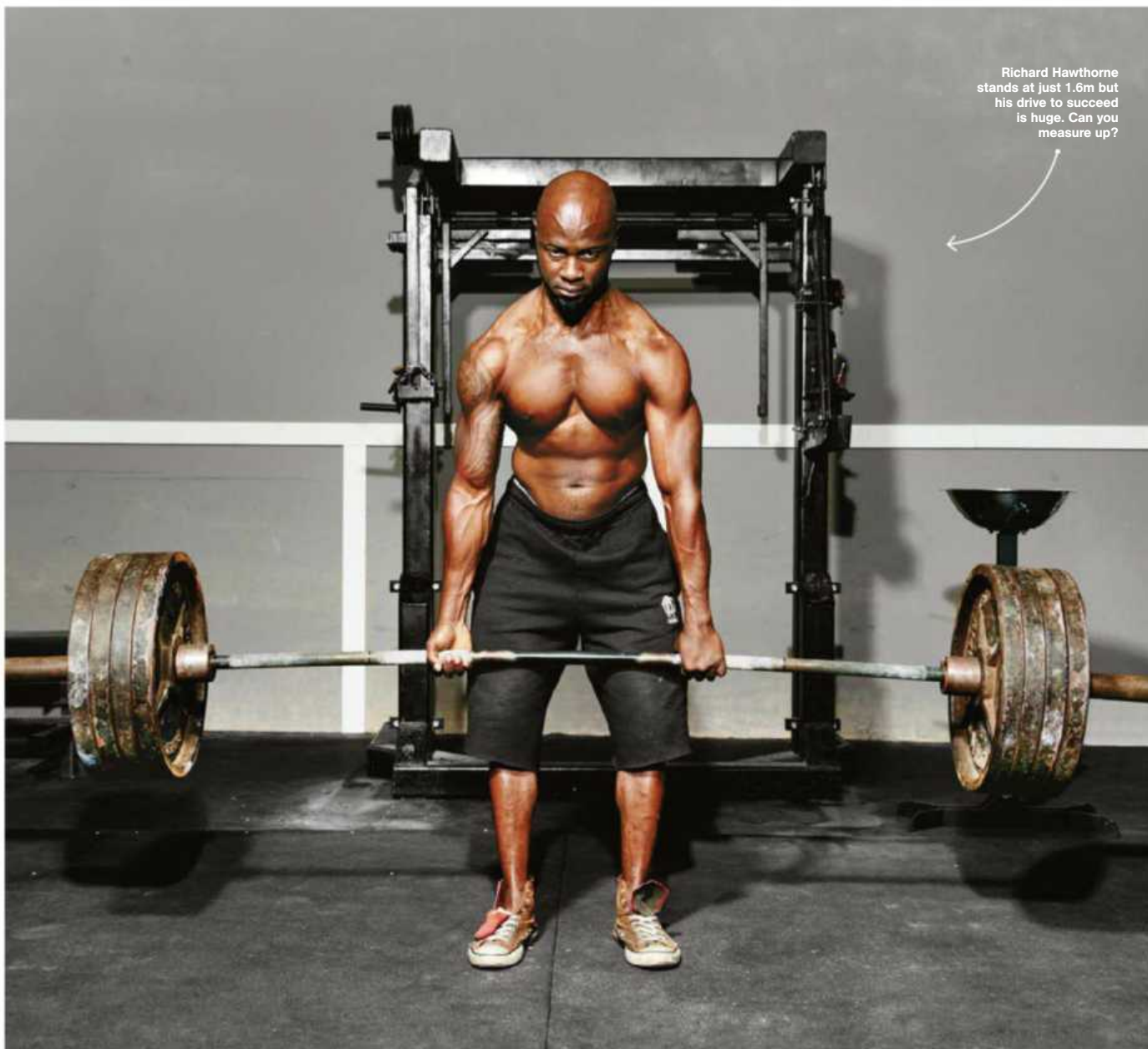
Don't rest in between moves, take a 60-second break at the end. Start with 3 circuits, and build up to 5.

- 1. Explosive Lunges** Start in a lunge, and then jump up so that you can switch legs in the air and land in a lunge with the opposite leg. Can't do this? Do normal lunges. Do 15 reps.
- 2. Hand Release Push-Ups** Do normal push-ups, focusing on keeping your elbows tucked in close to your ribs and your body in a straight line – but when your chest touches the floor, lift your hands for a second before doing the next push-up. Start with 10 reps, and if your technique is good, you can do 15.
- 3. Broad Jumps** Do 15 broad jumps, focusing on landing with control and with your knees bending to handle the impact. Swing your arms for momentum, and aim to make this as explosive as possible.
- 4. Plank** Get into a plank position, your body in a perfectly straight line, and hold it for 30 seconds.
- 5. Squat Jumps** Get down into a squat, then jump up towards the ceiling. Land softly and go straight into the next one. Do 15 reps.



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Richard Hawthorne stands at just 1.6m but his drive to succeed is huge. Can you measure up?

World's Strongest Man

Lift Five Times Your Bodyweight

Move more iron and bust through your sleeves by unlocking your true power potential

BY ANDREW HEFFERNAN
PHOTOGRAPHS DAYMON GARDNER

RICHARD HAWTHORNE CHALKS UP AND steps under the bar, pressing his shoulders into the textured steel. There's no forceful breathing. No grunting. No tough-guy act at all. There's barely a sound as he readies himself for his heaviest lift of the day here in his hometown gym.

"Let's go," murmurs Winston Ceasear, an enormous train carriage truck of a man who's swapping sets with Hawthorne. "Easy weight."

The load on the bar is 165kg - an impressive but not unattainable weight for a seasoned lifter. But when you consider that Hawthorne, at just over 1.6m and just under 60kg, intends to squat the equivalent of nearly three times his bodyweight, the picture shifts a little. Then you learn that the mass of iron is mere

warm-up weight for Hawthorne: He lifted a combined 667kg (11 times his bodyweight) in the squat, bench press, and deadlift at the 2013 CAPO Nationals in Tasmania. Now the picture shifts entirely: this diminutive strongman becomes a giant. In powerlifting circles, they call him the Ant.

Relative strength - how strong you are for your height and weight - is a valued commodity among athletes. Basketballers use it to fly over the rim; sprinters use it to blast off the blocks. The rest of us need it to run fast, jump high and crank out push-ups. "It's the most important kind of strength you can have," says Mike Robertson, a former Team USA Powerlifting coach and co-owner of IFAST gym. Here's how to build yours.

Focus on Core Values



For Hawthorne, this is rule number one, and to make his point, he nods to a nearby lifter setting up for a squat with his back arched and chest up. "That's how most guys do it," he says. "See how his abdomen stretches out? Your core is weak in that position." The immediate result is reduced power and performance, says Hawthorne, because your core is responsible for transferring force throughout your body and stabilising all movement. And repeated over months or years, the cumulative stress can land you in an orthopaedist's office.

The solution: "Before every lift, brace your abs as if you're about to be gut-punched. That'll help you keep your ribs down," Hawthorne says. It will also lock down your core and flatten your back, enhancing total-body power and stability and maximising support for your spine. "In short, there's no reason not to do it," says Hawthorne.

To learn proper positioning, he recommends the hollow hold. Lie on your back with your knees pulled to your chest and arms by your sides. Press your lower back into the floor and lift your head and shoulders. Extend your arms over your head and straighten your legs, keeping your limbs off the ground. Hold as long as you can. Do this a couple of times a week, working your way up to a minute.

"It's harder than it sounds," says Hawthorne. Master it and you'll build serious core strength. You'll also increase the activation of your quads, hamstrings and glutes, by pushing them to work at their full capacity. "And *that* is relative strength," says Robertson.

Pay Attention to Pain



For a guy who regularly hoists loads that could crush other men, Hawthorne is surprisingly averse to risk. He gave up on basketball (too jarring). He doesn't run (same reason). He passes on arm-wrestling challenges from *Men's Health* writers (not worth the trouble).

"The last thing I want is to pull a muscle doing something stupid," he says. He's equally careful in the gym. "Each rep, I pay attention to what I feel and make adjustments."

Tempo, smoothness and discomfort factor into his evaluation. If something feels off, the set is over. "You may think you're tough by ignoring pain, but you're making things worse," Hawthorne says.

A better approach? "Do moves that work the same muscles without the hurt," says trainer and elite powerlifter Greg Nuckols. If deadlifting makes you wince, do 2 to 4 sets of high-rep (lightweight) leg curls instead. Lower back hurting you? Trade squats for step-ups with a pair of light dumbbells.

"Doing light work on the injured area can maintain muscle mass for months," says Nuckols.

Perform Flawlessly



Conventional gym wisdom holds that if you specialise too narrowly in one activity (like weightlifting), your abilities in others (cycling, running, soccer, basketball) wane - hence the lifter who gets winded running a mile and the marathoner who can't do a push-up or squat more than a bare barbell.



"SOME GUYS SAY, 'IF THE WEIGHT GOES UP, IT'S A GOOD LIFT.' I DON'T BELIEVE IN THAT. YOU SHOULD PRACTICE PERFECT TECHNIQUE"

But Hawthorne, who can dunk a basketball and move with the grace of a boxer, is living proof that exceptional strength and explosive athleticism can coexist. The secret, he says, is to always maintain perfect lifting mechanics.

Hawthorne believes that powerlifting's Big 3 - squat, deadlift, and bench press - can teach your body skills that translate far beyond the gym: pushing explosively through your feet, protecting your spine by keeping your back straight and core stiff, and recruiting the powerful muscles in your hips and thighs more effectively. And science backs him up: in a 2009 Canadian study, heavy squatting helped soccer players jump higher and run faster.

"But that only works when your form is spot-on," Hawthorne says. When you lift weights, he explains, you're doing more than just building muscle; you're teaching your body to move more effectively. "Smooth, efficient lifting leads to smooth, efficient moves on the court or field, and crappy lifting leads to crappy movement."

Hawthorne contends that he is able to jump high not because he practices jumping but rather because his years of immaculate squatting and deadlifting have taught him how to put more than a quarter ton of force into the ground. "Some guys say, 'If the weight goes up, it's a good lift,'" says Hawthorne. "I don't believe in that. You should practise perfect technique with every repetition, whether you're lifting 30kg or more than 300."

One key to executing every lift with flawless form: Do one or two warm-up sets (using half the weight you'd normally use) before you begin your regular sets of the squat, deadlift and bench press. "They do more than just prepare your body for heavy loads," Robertson says. "They improve your control and technique. Take them seriously and your regular sets will feel much smoother."

RAISE YOUR STANDARDS

THINK YOU'RE STRONG? SEE HOW YOU DO IN POWERLIFTING'S "BIG 3"

Being fit comes with expectations. "You should be able to bench and squat the equivalent of your bodyweight, and deadlift 1½ times your bodyweight," says trainer Dan John, author of *Intervention*. But for game-changing strength, you need to raise your standards. That means completing 15 reps with the equivalent of your bodyweight in the bench and squat, and 1 rep at 2½ times your bodyweight in the deadlift, says John. (See the chart for an example.)



Big Lifts for Max Gains

Increase your strength and pack on lean mass all over with this powerlifting-inspired workout from former Team USA powerlifting coach Mike Robertson

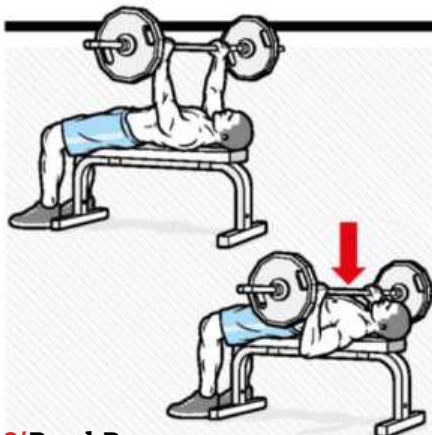
DIRECTIONS

Replace one of your workouts each week with the routine shown on this page for a month. Perform straight sets of each exercise in the order shown, using the heaviest weight that allows you to complete all your reps and sets. Your ultimate goal is to maximise your relative strength (that is, how strong you are for your height and weight).



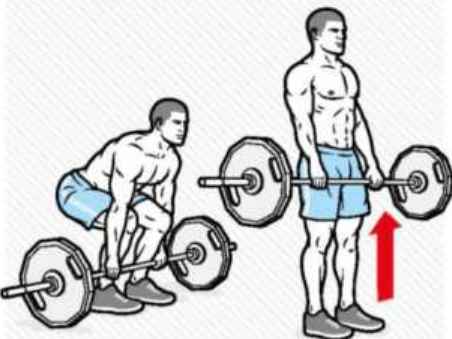
1/ Barbell Squat

Stand tall with your feet shoulder-width apart, using an overhand grip to hold a barbell across your upper back. Push your hips back and lower your body until your thighs are parallel to the floor. Return to the starting position. **Reps** 3 to 5 **Sets** 3 **Rest** 3 to 4 min



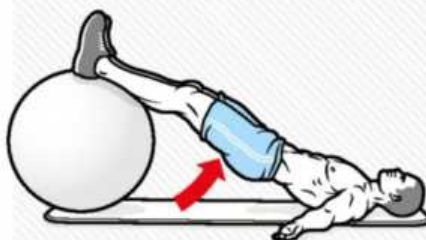
2/ Bench Press

Lie on a bench and hold a barbell above your sternum using an overhand grip that's just beyond shoulder-width. Lower the bar, keeping your elbows tucked. Pause, then push it back up to the starting position. **Reps** 3 to 5 **Sets** 4 **Rest** 3 to 4 min



3/ Deadlift

Roll a barbell against your shins and grab it using a shoulder-width, overhand grip. Pull your torso back and up, thrusting your hips forward as you stand up with the barbell. Push your hips back to lower the bar back to the floor. **Reps** 1 **Sets** 5 **Rest** 2 to 3 min



4/ Swiss Ball Hip Raise and Leg Curl

Lie on your back on the floor with your lower legs on a Swiss ball. Push your hips up and pull your heels toward you, rolling the ball as close to your butt as possible. Return to the starting position. **Reps** As many as you can **Sets** 3 **Rest** 90 sec

5/ Ab Wheel Rollout

Kneel on the floor and grab the handles of an ab wheel. Roll it forward as far as you can; then use your core to pull the wheel back to the starting position. No ab wheel? Use a barbell with 5kg weights.

Reps 8 to 10 **Sets** 3 **Rest** 60 sec



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Coming soon to these stores:



Trade Secrets

Your Fastest Mile

Want cardio cred? Aim for a classic benchmark: the 6-minute mile. Our 4-week plan will get you there fast

BY LISA JHUNG

1 2 3

IT DOESN'T MATTER WHETHER YOU'RE A REGULAR runner or whether you never plan to toe the starting line of a major marathon - every man should aspire to run a six-minute mile, or at least see how fast he can run this classic distance. Running hard for a mile requires speed, stamina and grit. And then there's muscle. "People often forget that you need strength to run that distance that fast," says Ryan Lamppa, founder of Bring Back the Mile, an advocacy group trying to restore the race to its pre-80s glory (that is, before track and field's conversion to the metric system). "Look at all the great milers: unlike distance runners, they're muscular."

Much of that strength comes from the training required to clock a decent time. "You need to run intervals - repeated bouts of all-out effort and rest - to target slow- and fast-twitch muscle fibres," says Ben Rosario, head coach of the Northern Arizona Elite running team. That's why a six-minute mile is such an accomplishment. "It shows you have power and a strong aerobic base, both of which translate to better performance in any sport," he says.

Follow these steps to achieve it in just four weeks.

Set a Starting Point

A week before you begin the programme, head down to your local sports field and, after a warmup, run a mile as fast as you can. (A mile on a typical track is four 400-metre laps in the inside lane, plus about 10 metres.) Note your time. This is your baseline for deciding a reasonable goal and for measuring improvement. If you're new to mile-specific training, you can reasonably expect to run the mile 10 to 15% faster after this four-week programme. So if you run a 7-minute mile, you've got a good shot at hitting that magical 6-minute mark after a month. In this preliminary week, if you do another cardio workout (in addition to regular workouts), make it an easy distance run.

Accelerate Your Training

Once a week for the next four weeks, head back to the track to run intervals. (Use the chart below to guide your sessions.) Warm up with 10 to 15 minutes of light jogging and four to six "strides". To complete one stride, accelerate from a jog to a sprint over 50 metres. Rest briefly and then begin your intervals workout. Two other days a week, jog for 30 minutes. These cardio sessions should be in addition to (not to the exclusion of) your regular gym workouts. Just be sure to perform each workout on a different day.

Time Your Mile Again

Did you finish in 6 minutes or under? Congratulations! You're faster and fitter than most men on the planet. If you missed your goal, no worries; just repeat the four-week training cycle. "But this time, also run hills once a week to strengthen your quads and boost your explosive power," Rosario suggests. Find a moderate hill: something challenging but not so steep that you need to walk up it. Sprint uphill for 20 to 30 seconds. Walk back down to recover. Repeat six times. Then go back to the track and try again.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
RUN EACH INTERVAL AT YOUR GOAL PACE	10 × 200m	10 × 400m	2 × 800m	4 × 400m*
WALK/JOG BETWEEN EACH INTERVAL	1min	1min	5min	90sec

ASK THE TRAINER

Russel Swanepoel is a strength and conditioning coach, national level strongman, and co-owner of CrossFit Shumba



Swanepoel showing the real-world strength benefits of a farmer's walk

What are strongman-specific exercises I can do in a normal gym?

Strongman focuses on both static and dynamic strength and power. We'll focus on three basic movements: push, pull and carry. To push, do a single-arm dumbbell push-press, which can be used to prepare for the "Circus Dumbbell" (YouTube it - it's a great test of upper-body strength and coordination.) To pull, you can't beat the deadlift, as it forms the basis of so many movements. Like the four-time World's Strongest Man, Jón Páll Sigmarsson said, "There's no reason to be alive if you can't do a deadlift." To carry, you can do a farmer's walk, with dumbbells, to build grip strength and test your traps and midline stability.

Besides the deadlift, squat and bench, what are the moves that build the most muscle quickly?

So many answers to such a simple question. My experience with CrossFit tells me that the benefits of body-weight and gymnastic movements (such as pull-ups, push-ups and lunges) are incredibly beneficial to general strength and aesthetic appeal. But from my strongman days you cannot argue with all the crazy compound movements that build old-style school strength, like heavy tyre flips (back, legs, arms), farmer's walks (traps, back, grip, hips) and the log press (shoulders, triceps, chest).

My shoulders hurt when I bench press... what am I doing wrong?

First, check your technique; most people tend to take too wide a grip and allow their elbows to flare too far from their body when they lower and press the bar. Any number of things could be going wrong if you experience shoulder pain when you're benching. It's common to see an exaggerated internal rotation with shoulders (it's referred to as Douche Bag Shoulder) which means they're hunched over and closing up the shoulder joint. There are most likely a series of muscular imbalances that mean the humerus is not sitting in the shoulder capsule correctly. To fix both of these issues, it's important to make sure

you're mobilising and stretching that shoulder and chest out as much as possible. This needs to be combined with a series of exercises to strengthen the muscles around the back of your shoulder.

Do I really need to use wrist straps when deadlifting?

Absolutely not. It is much more important (and better for your street cred and ability to survive the zombie apocalypse) if you have a strong grip, which is built from not using straps when you deadlift. Strongmen use straps when they deadlift as they don't want anything to limit the test of strength. They all spend a good deal of time training without straps, though...

I can't afford lots of supplements every month. Which one would you recommend?

I would personally rather spend my money on a good nutritionist, and forget about the supplements. But if I had to choose one supplement it would be a high quality Omega Fatty Acid. Their benefits really attend to the recovery needs of an athlete involved in intense exercise.

I hate running and swimming. What are the other cardio exercises with the most benefit?

You probably hate those because they're long, slow and boring in most cases, especially if they aren't your sport. I believe short, sharp forms of interval-type exercise will get your

heart rate up quicker, be more fun and take less time (and benefit your body for longer - it's science). Try sled pushes and pulls or an Assault Bike for an especially brutal way to get beach-ready for summer.

I want bigger arms, and I do plenty of pull-ups, but I'm not seeing any gains. Should I do curls instead?

To get bigger arms, you have to remember your biceps are only two, while your triceps are three. So hitting some weighted dips will build big triceps and add bulk to your arms. Not to mention building some impressive delts to cap off those guns.

How much of a role does genetics play in stopping me from building muscle?

Practically none. Stop making excuses for not training hard or heavy enough. And eat more meat and potatoes.

I want to start doing strongman comps. Where can I find more info?

The easiest way to find a competition is via the SA Strongman Union group on Facebook. I would recommend getting in touch with somebody in a city near you to familiarise yourself with the equipment before you start. You can mail me for help, at russ@crossfitshumba.co.za



Follow Russ on Instagram and Facebook @crossfit_shumba



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Sex + Relationships



What's on Her Mind During Sex?

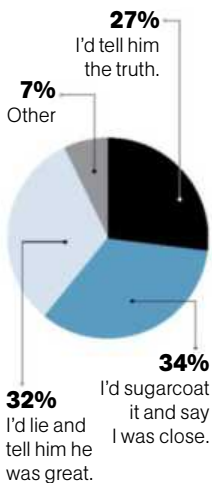
We asked 2 500 women to reveal their mid-romp thoughts. Listen up, learn... and enjoy sex even more

BY MIKE DARLING

ASK A MAN TO DESCRIBE HIS THOUGHT PROCESS WHILE he's having sex and you'll get this: CrapHangOnWaitNotYet - followed by flashbacks to the 2009 Champions League Final and his Standard 9 geography teacher. What's in her head, on the other hand, may be more useful. Happily, *Women's Health* readers were eager to share, minute by hot (or not) minute. "Talking about whatever's on your minds during sex can be the final frontier to a more satisfying relationship," says couples therapist Ian Kerner, founder of the online sex guide *Good in Bed*. Turn the page to read her sexual subtitles.

FAKES AND FAVES: WHAT 2 500 WOMEN TOLD US

If you faked it and he asked, what would you say?



What's your favourite classic sex position?



30%

Doggy-style



29%

Girl on top



21%

Missionary



6%

On your sides



4%

69



3%

Reverse cowgirl



0:45

"Damn, you look good in that T-shirt"

Given six choices, 30% of the *Women's Health* readers we surveyed said muscular arms are their biggest physical turn-on. Broad shoulders came in at 25%. As for that elusive six-pack? Only 6% of women put it first on their wish list. So until your hammer curls pay off, wear fitted shirts that hug your guns; no more than two fingers should fit in an armhole. Or try a raglan tee to create contrast by broadening your shoulders and chest.

1:12

"But your mouth tastes like blue cheese"

Why'd you order the Mongolian wings? When asked to pick their most toxic turnoff, nearly half the women surveyed said bad breath. But avoid alcohol-based mouthwashes, which can make your breath worse, warns dentist Jennifer Jablow. Her strategy: stay hydrated and use mouthwash with zinc. You can also chew on parsley (finally, a use for it) - the chlorophyll neutralises odours. Or pop a piece of gum containing xylitol to increase saliva production, says Jablow.

2:13

"You want to do what to my sweet ass?"

Many women find that the pressure of talking dirty interrupts progress to a screaming orgasm, Kerner says. What they'd most like to hear: moans and groans. Men typically aren't as vocal as women are, so these are clear signs that she's doing something right, says Megan Fleming, a psychologist and relationship therapist. If you prefer being more explicit, just keep it PG-13. About 20% of women say that a simple "You're so damn hot" or "That feels amazing" will do the trick.

LANA KANE
Just the woman to
stiffen your Archer



Are You a Perv?

WE'LL LET
SEX ADVISOR
DEBBY
HERBENICK
MAKE THE CALL

I sometimes masturbate to cartoon women on shows like *Archer*.

For centuries, men have used any old image to get themselves off. Some Indian temples are covered in sculptures of adventurous sex. If you can imagine a way to depict sex or sexy women, someone has tried it, and some guy has ogled it. (Hell, George Costanza fetishised *Glamour* mag.) In the early 1900s, men used "eight-pagers" (little books of cartoon characters having graphic sex) to fuel erections. So what you're doing isn't pervy; it's vintage.

I like sex when we haven't showered for a day or two.

Your body may be filthy – and it's okay if your mind is too. After all, we're animals. Many of us are drawn to odours (including sweat) and pheromones, which we may subconsciously detect and which appear to be linked to sexual attraction. There's nothing wrong with delaying that shower (and that deodorant) in favour of aromatic romance.

3:27

"Spend more time on my nipples. Please!"

It's science! "Nipple stimulation activates the same sensory brain region as clitoral, vaginal and cervical stimulation," says Barry Komisaruk, a professor of psychology at Rutgers University who studies sexual response. Besides the genitalia, that's the yes-please spot for four in 10 women surveyed. Start slowly, kissing the tops and sides of her breasts, suggests sex and relationships advisor Debby Herbenick. As she becomes more aroused, inch towards her nipples.

4:55

"Slow down, cowboy. This is getting good"

Tongue-tired? Pace yourself. Nearly one in four women said men should spend more time on oral sex, and a common tip was "Slow down and be more gentle." Consider yourself a pleasure provider, says Kristen Mark, director of the Sexual Health Promotion Lab at the University of Kentucky. Take your time and don't go right for the clitoris; warm it up, she says. Make slow, circular motions with your fingers outside her vagina, and move inwards, teasing her with your tongue.

6:29

"You take control. I'll just enjoy myself"

Only 29% of women called girl-on-top their favourite position, but that still leaves plenty of other options. More than half said they prefer the man to be either "very" or "mostly" dominant in bed. So bring on the missionary. Lots of women love the intimacy of eye contact, Kerner says. The tantalising trick: "Focus on deeper thrusts that provide more clitoral contact," he says, "or raise yourself up so you're coming down into her, which will increase her likelihood of reaching climax."

7:31

"Oh jeez, is he going to come already?"

Good news: seven out of 10 *Women's Health* readers are satisfied with how long men last in bed. The bad news? Even if she's not satisfied, it could be hard to tell: women tend to realise it quickly if they're not going to climax, so they fake it, Kerner says. If she's stressed, try talking during foreplay. Brain chemistry lowers inhibitions during arousal, so it's a good time to have a sexy conversation. "As you kiss and touch, ask what she likes and doesn't like."

8:43

"Okay, time to think about Ryan Gosling"

Don't be threatened. Roughly half of women fantasise about sex with celebrities, a new study found. "Women tend to fantasise during sex more than men do," Kerner says. "It can help her deactivate and disconnect from stressors that inhibit arousal. It's totally normal – and in an odd way, she might get more into the sex that she's having." Help her disconnect: give her a massage or quiet stimulation with your hand or a vibrator on low, he says. "You want to encourage her to feel, not think."

9:35

"I may need to help myself here"

If she reaches down to stimulate herself, don't take it personally. In our survey, 19% of women "almost always" take matters into their own hands; nearly half do so sometimes, and less than 10% want to, but hold back. Researchers in Canada found that some women hesitate for fear of hurting his self-esteem – even though men generally like the idea. More power needed? About three-quarters of women we asked don't use sex toys, but of those, 30% said they'd like to start. **MH**

WHAT'S HER VIBE? HERE'S A GUIDE

NEARLY A THIRD OF THE WOMEN WE SURVEYED DON'T USE A VIBRATOR BUT ARE CURIOUS. SO BUZZ UP ONE OF THESE. OR, WHAT THE HELL, ALL THREE



BEGINNER'S BULLET

Reasonably priced and great for sex-toy neophytes, the Soft Tip Bullet Vibrator has three levels of intensity, and it's so small you can fit it between your bodies during sex. *R344, matildas.co.za*



APPGASM

The remote-controlled We-Vibe 4 Plus fits in her vagina but still leaves room for you. If you're not around, you can operate it remotely through your smartphone app. *R2 300, passionfruit.co.za*



SMALL WONDER

Lelo's diminutive Lily vibrator looks like a purple tongue and vibrates like the San Andreas Fault, but now it also emits your choice of boudoir bouquets. *R1 500, passionfruit.co.za*



HIT REPLAY
Forget what they say
about learning new
tricks – do your own
field research

Your First Time (Again)

Turn new beginnings into sexual debuts neither of you will forget in a hurry

BY NICHIE HODGSON



I'm keen to introduce a video camera to the bedroom. How do I go about it without seeming like a creep? – DARREN, MIDRAND

NH Firstly, ask her if she's up for it. Apart from the crucial matter of consent – more on this later – the trust an open dialogue engenders is the most important cast member in any amateur production. Your starlet may be more willing than you think if she knows how much it'll turn you on – researchers at Queen's University Canada found that being desired is a huge arousal booster for most women. Use the camming community's mantra, "no bare bulbs on bare butts", and agree on a few positions. Then roll the tape.

When you've wrapped, lock that recording away – or send her the video and let her see you delete the original. There are huge legal issues around posting sexual images of somebody without their consent. (The case law around this is sketchy at best... but you don't want to be the guy who lends his surname to a sexual offence bill.) Enjoying it with each other will boost intimacy, and make shooting a sequel more likely.



My wife just gave birth and I want to plan an intimate night together. How can I ensure her pleasure, not discomfort? – ERIC, EAST LONDON

NH In this situation the emphasis should be on making the woman who just had your child feel desirable again. Book a plush hotel room and factor in a massage to help her unwind. If the post-baby budget won't stretch, clean the house, buy a bottle of her favourite wine and bathe the bedroom in candlelight to take the edge off.

Bear in mind that her hormones are likely to have caused a drop in libido, so don't take it personally if she's not firing up as normal. But if you've waited until her post-natal, six-week check and she had a regular delivery there shouldn't be any pain to contend with. If there is, consider your options beyond penetration. Oral or mutual masturbation maybe?

Then again, she might be an exception to the rule and ready to rip your shirt off. Either way, the real trick is to let her run the show. This is about reconnecting, so on this occasion, it truly is a case of whatever she says, goes.



Q Last week my partner and I had bad sex for the first time. Normally it's great. How do we nip it in the bud? – DOM, CAPE TOWN

NH To give your sexual misadventure a thorough investigation, you need to pair up as detectives. Were drugs or alcohol involved? Were either of you excessively tired, or suffering from work or other emotional or financial stresses? If not, then it could be as simple as you both being stuck in a rut while relying too much on the other to pull the usual moves. Talking about it makes it a shared problem.

Once that's done, agree that you need to try something new to break the cycle. Rebuild intimacy with a hot shower then use a couple's vibrator (ShareVibe R1 749, matildas.co.za). Wearing it on your penis will stimulate both of you and encourage a different approach to positions. The Taoist technique of *screwing* – a rhythmic rotation in a figure of eight while you penetrate her – is hugely effective, very intimate and a big change from the moves you've become bored by. A change is as good as a rest, after all.

Q I recently left a long-term relationship and have been going through a dry spell. Now I'm seeing somebody and sex is imminent... how do I avoid the drought ending all too quickly? – SBU, FOURWAYS

NH That the rains are about to fall once more is good news. But premature ejaculation is common, especially if you're having sex infrequently. Just telling you to chill out isn't going to help. Thankfully there are some very practical steps you can take to prolong your return to action. Yoga or pilates will reduce the pelvic tightness that can trigger quicker arousal, so some mat work will help flatten out unexpected spikes.

Once you're actually in situ, you need to limit muscular tension. Avoiding holding your breath, flexing your abs or any positions where you have to support your bodyweight will make a vital difference. Save showing off for the next session and you'll be well placed to last the distance.

Q I'm finally joining Tinder but have no idea how to approach this kind of thing. Any tips? – ROMEO, CAPE TOWN

NH "Romeo"? Seriously? Look, if you're looking to run your fingers over more than your iPhone, it's best to advance with a healthy pinch of caution. Once you start swiping and talking there's a danger in thinking you have the measure of each other, when all you really know is how well you both flirt over Wi-Fi. On the flip side, Tinder replicates that "quick and dirty assessment of rapport and chemistry that occurs when people meet face to face," says Eli J Finkel, professor of social psychology at Northwestern University. So you increase your dating options while simultaneously making more of a curated choice.

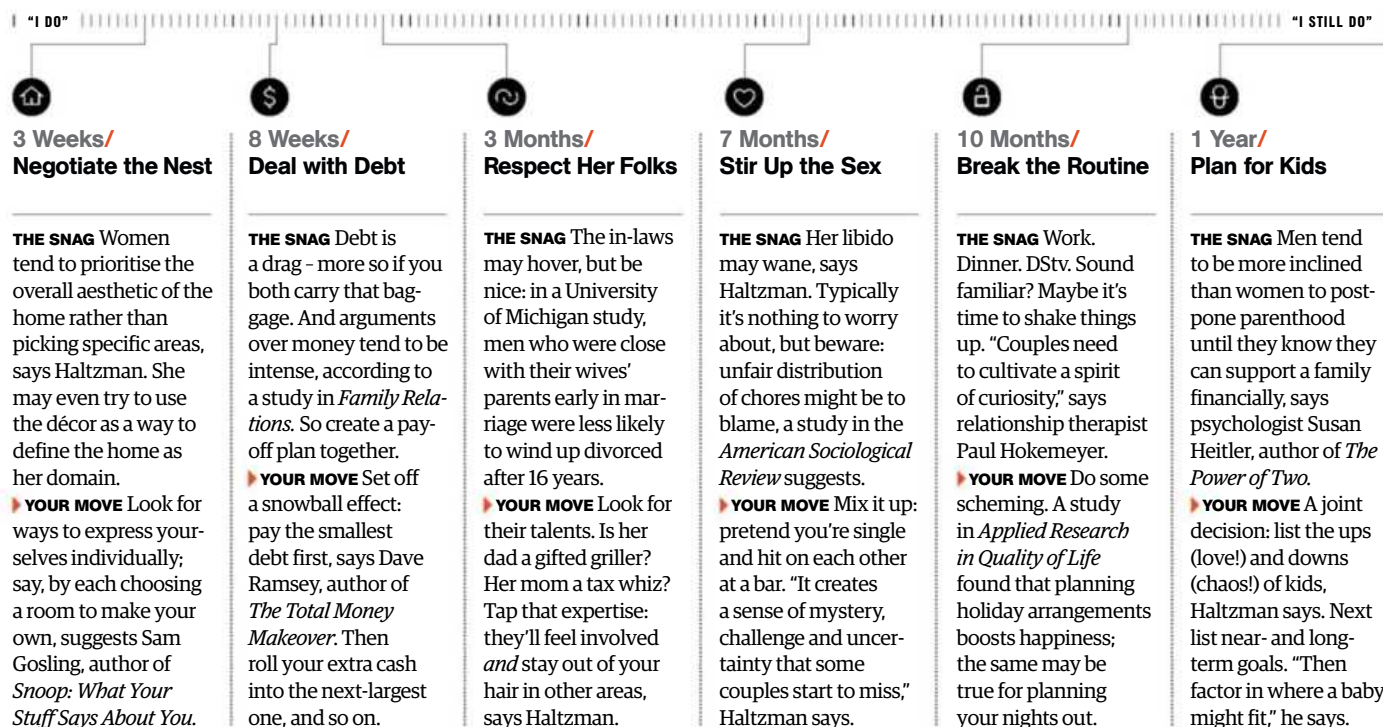
Once you've developed a strong dialogue, meet up in person to check that what made you swipe right is there IRL. And prep early. According to research from the University of Abertay Dundee, women find chilled out, brooding men automatically attractive. Load up a Ryan Gosling film (any Ryan Gosling film) on Showmax and take notes before you head out. **MH**

Avoid the Honeymoon Hangover

Your guide to conquering Year One

BY DAN HYMAN

IF YOU LOCKED IT DOWN THIS YEAR, YOU HAVE LOTS OF company: a little more than 150 000 men give up bachelorhood annually in South Africa, almost a fifth of them in December*. While the honeymoon effect can linger for months, every couple, newlywed or not, should do regular marriage maintenance, says psychiatrist Scott Haltzman, author of *The Secrets of Happily Married Men*. That way, minor annoyances now won't blow up into big problems down the road. So whether you're recently hitched or have been tethered 10 years, watch for these roadblocks on the highway to happily ever after.



THE GIRL NEXT DOOR

Sex, dating, love and lust. Amelia Frenkel will now take your questions



She's loud in bed, and I have roommates. Should I ask her to tone it down?

EDDIE

Have they asked you to? Unless you're being threatened with eviction, I wouldn't risk spoiling all the fun and making her feel self-conscious. Your courtesy is admirable, but raising this will embarrass and inhibit her. Use this to your advantage: get inventive about where, when and how you get it on.

She caught me masturbating to porn and seems upset. How do I smooth it over?

STEVEN

She's wondered and probably guessed that you jerk off, but catching you in the act is a little weird. It feels a bit like cheating – you would prefer the anonymity of porn and a sock to her and the real deal? You'll need to counteract feelings of insecurity by proving her assumption wrong: kiss her passionately, be attentive (not suffocating) and patient (but disappointed) if she's not keen to have sex just yet. When you do, make her satisfaction your priority and convince her that nothing compares. Then, if you feel the need to take matters into your own hands, be more discreet and make sure that your extracurricular activity doesn't affect your main grades.

I never like any of the women I meet on first dates. What am I doing wrong?

FRANK

Setting yourself up for failure. Real life can be underwhelming. We've been conditioned through movies and Tinder to expect perfection. There's no SMS shorthand, emojis, mystery or happy endings. Instead there's contrived contexts, formality and small talk. So skip the conventional setup and find something that suits you, from a hike to open streets, a wine tasting to an art launch. You're bound to impress her with your originality.

She said she'd try anal if I really wanted to. Is that a green light?

JULIAN

Depends. There's a difference between being cool with something and wanting to be cool with something. Any hesitation may mean she's having second thoughts, and you don't want her to feel pressured. It's highly intimate and there's trust involved, so if you two aren't that committed, hold off. Otherwise, pick your moment and be ready to call it quits if she's uncomfortable. You both want to be very aroused, go slow and use lots of lube.

She takes pictures of everything and it bugs me. Can I tell her to ease up and enjoy the moment?

ZANE

Skip the sighing and sulking and make it about you: explain you're trying to be less phone-dependent; that you want fewer distractions to get closer to each other. On your next date, make a pact to stash your phones when the drinks arrive. Book a getaway that's off the grid. I'll wager that most of her reliance is habit. If photography really is her passion, then show your support by suggesting she signs up for a course and help her investigate cameras and lenses.



Follow Amelia on Twitter @MH_girlnextdoor or email your questions to girlnextdoor@mh.co.za

GIVE A RISKY COMPLIMENT

HERE'S HOW TO TALK UP HER HOT SPOTS



Her Belly

"Avoid it altogether," says marriage therapist Paul Hokemeyer. "Focus on the belly button instead. Tell her you find hers to be a total turn-on."



Her Breasts

"Whether they're natural or not, don't fetishise them," says Hokemeyer. "Talk about how perfect they are for her body – which, by the way, is smoking hot."



Her Butt

"Think of it as being like a dessert," Hokemeyer says. "Describe it in terms of how appealing it is to you: sweet, delicious, and irresistible."



Her Thighs

"Whatever you do, say nothing about their size," says Hokemeyer. "That's just dumb. Talk about how they feel when they're wrapped around you."

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BY THOMAS OKES
PHOTOGRAPHS MATTHYS VAN LILL

1

Spicy Apricot Lamb Kebabs

Serves 2-4

Stale hot dog rolls, cold boerie and warm beer might have worked great in your twenties - but you're a man now, with mouths to feed and ladies to please. Putting a little thought into your picnic basket will turn "Are we there yet?" into "Can I have some more?"

**MOROCCAN MARINADE**

- 1 CUP DOUBLE-THICK PLAIN YOGHURT
- 2 CLOVES GARLIC, CRUSHED
- 2 TBSP FRESH CORIANDER
- 600G CUBED LAMB
- 250G SOFT TURKISH APRICOTS

QUINOA SALAD

- 2 CUPS QUINOA
- 2 TBSP CHOPPED PARSLEY
- 2 TBSP CHOPPED MINT LEAVES
- 2 TBSP CHOPPED DILL
- 2 ROUNDS FETA, CRUMBLES
- 75G POMEGRANITE RUBIES

SALAD DRESSING

- 1 TBSP LEMON JUICE
- 1 TSP HONEY
- ¼ CUP OLIVE OIL

HOW TO MAKE IT

- 1/ Mix all of the marinade ingredients together.
- 2/ Skewer the lamb and apricots onto kebab sticks and marinate the lamb for at least six hours, or ideally overnight.
- 3/ Braai over the coals until they're cooked the way you like 'em.
- 4/ Bring four cups of water to the boil and add the quinoa.
- 5/ Reduce heat and simmer for 15 minutes or until cooked through.
- 6/ Add the rest of the ingredients mix well.
- 7/ Just before serving, mix the salad dressing ingredients together and toss through.

2

Pork Fillets and Mealie Salsa

Serves 2-3



Screw the view; next time you're trekking with your mates, this pitstop meal will be the main attraction. Like most of these recipes, the secret is in the prep. And don't leave it for later: pre-picnic planning will save you from sweating over coals while your guests shiver in the lengthening shade.

¼ CUP BROWN SUGAR**¼ CUP MAPLE SYRUP****2 GARLIC CLOVES, CRUSHED****¼ TSP CAYENNE PEPPER****1 CUP ORANGE JUICE****2 TBSP RED WINE VINEGAR****1 PORK FILLET****CHARRED MEALIE SALSA****4 MEALIES, BRAAIED****HANDFUL OF CORIANDER****1 CHILLI, FINELY CHOPPED****6 SPRING ONIONS, FINELY CHOPPED****HOW TO MAKE IT**

- 1/ Mix the marinade ingredients together and marinate the pork overnight, or for at least four hours.
- 2/ Remove the pork from the marinade, and pour the remaining marinade into a pot and bring to the boil.
- 3/ Reduce until sweet and sticky, about 10 minutes.
- 4/ Braai the pork and mealies over medium coals.
- 5/ While the pork is resting, slice the kernels off the cob and mix with the remaining salsa ingredients.
- 6/ Dress with a little olive oil and lemon juice.
- 7/ Serve the pork with the sticky orange sauce and salsa on the side.

Kitchen Camp
No, that Weber won't fit in your backpack. But go ahead and pack these instead

**Swedish Firesteel 2.0**R495, mantality.co.za

Producing a 2 980° spark, this flint fire starter will burn bright enough to work as an emergency signal if you take a wrong turn on your way home.

**Burn, Bacon, Burn**

Next time you find yourself with a pan full of bacon fat, try this lifehack: wipe it all up with paper towel, scrunch that up into a paper cup, and keep in the fridge until ready to set fire to something.

3

Bourbon Rump Tortillas

Serves 2-3

Want to stand out from the open-air cooking crowd? Get a little bit of bourbon in your braai. You'll want your coals just right - go big on the flames to begin with and give them some time to simmer. (Just don't burn the forest down.)



LARGE PINCH CHILLI FLAKES
3 GARLIC CLOVES, CRUSHED
 ½ CUP OF TOMATO SAUCE
2 TBSP STICKY BROWN SUGAR
1 TSP ENGLISH MUSTARD
4 TBSP BOURBON
2 TBSP WORCESTERSHIRE SAUCE
1 LARGE RUMP STEAK

COLESLAW

1 BABY CABBAGE, FINELY SLICED
3 CARROTS, GRATED
 ½ CUP BUTTERMILK
 ½ CUP MAYONNAISE
1 TSP ENGLISH MUSTARD,
3 TSP FRESH LEMON JUICE
 LARGE PINCH CASTER SUGAR
 TORTILLAS TO SERVE

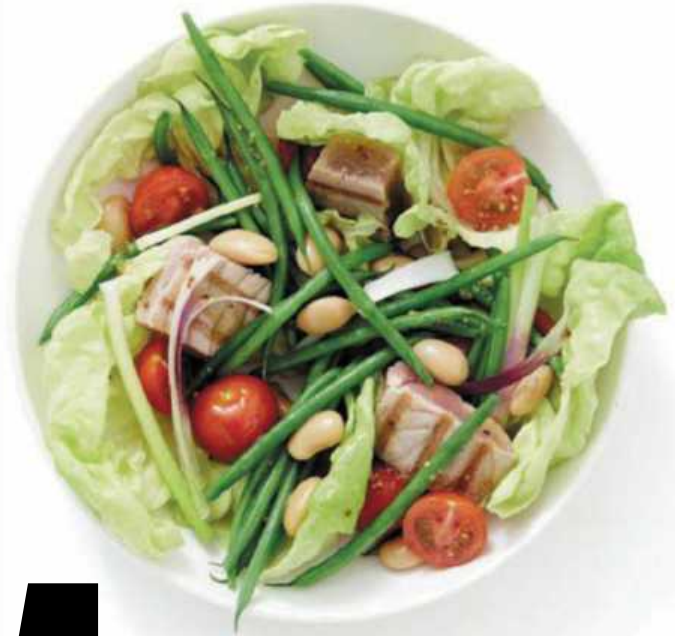
HOW TO MAKE IT

1/ Mix all the marinade ingredients together and marinate the rump for at least an hour.
2/ Mix the cabbage and carrots together in a bowl.
3/ Whisk the dressing ingredients together and toss through the slaw.
4/ Braai the steak over medium coals, basting frequently, until cooked to your liking.
5/ Leave to rest for a bit, then slice up and serve piled up with coleslaw on soft, floury tortillas.

4

Tuna Steaks with Niçoise Salad

Serves 2



Undo the childhood trauma of tasteless tuna sandwiches: this is the adult guy's answer to something light. Bluefin is the protein king of the sea (30g per 100g) so it's a lot beefier than it looks under all those greens. Rabbit food this most certainly ain't.

2 THICK TUNA STEAKS

SEASONING
 OLIVE OIL
180G OF BLANCHED GREEN BEANS
200G OF ROSA TOMATOES, HALVED
1 PACKET BUTTER LETTUCE LEAVES
1 CAN BUTTER BEANS, RINSED AND DRAINED
6 RED SPRING ONIONS, SLICED

LEMON DRESSING

¼ CUP OF OLIVE OIL
1 TBSP OF LEMON JUICE
1 TBSP LEMON ZEST
1 TSP WHITE WINE VINEGAR
1 TSP CASTER SUGAR
1 TSP WHOLEGRAIN MUSTARD

HOW TO MAKE IT

1/ Season the steaks well and light brush with oil.
2/ Braai until cooked to your liking.
3/ Toss the salad ingredients together.
4/ Mix the salad dressing ingredients together in a jar and shake well.
5/ Pour over the salad and serve topped with the tuna.



LK's Braai Porta R200,
sportsmanswarehouse.co.za
 At 44x30cm and 1.5kg, this braai kit will fit into your backpack and folds out into a convenient height for braaing just about anything.



Alva Digital Temp Fork R250,
capeunionmart.co.za
 With five meat selections, four taste settings and 12 cooking levels, as well as a handy integrated torch, you'll never overcook anything ever again.



GSI Glacier 6-Cup Percolator R600,
outdoorwarehouse.co.za
 Put those embers to use - a pot of moerkoffie will fuel the trip home. Its PercView knob lets you gauge the strength of your blend while brewing.

Oliver's Twist

The man who took gourmet cooking to the masses has been on his own nutritional journey. Discover how Jamie Oliver learned from his mistakes and found a recipe for health and happiness anyone can follow

BY BEN JHOTY • PHOTOGRAPHS BEN IERACE



**"I START OFF
BEING HATED
AND THEN
I END UP
WALKING
AWAY WITH
THE KEY TO
THE CITY"**



Jamie Oliver's new book *Everyday Super Food* (Penguin Books) R340, takealot.com



T

THEY SAY NEVER TRUST A SKINNY CHEF. BUT WHAT if the man delivering this age-old piece of wisdom is a chef? One who is not exactly skinny but who is no longer the tubby, pasty-faced geezer he used to be? It raises the question: can you still trust Jamie Oliver?

To keep his mouth shut? Good luck. The loquacious lad from Essex has the mega-watt charisma and undiluted passion that can flog fresh food to fat people, turn around troubled lives, lobby prime ministers and presidents and change a town's - maybe even a nation's - eating habits. But if you're looking for a no-nonsense take on the power of food to transform lives, then the answer is a resounding yes.

"It's not about getting it right all the time," says Oliver of healthy eating, as we chat at the plush Intercontinental Hotel in Sydney. He leans in close, placing his hand on my arm as if we're sharing a whisky over a fireside chat. "In fact it's absolutely vital that you don't get it right all of the time. You've just got to get it right most of the time." And when you get it wrong? "Get it wrong in style," Oliver recommends.

You could call it a variation on the 80-20 rule, only that sounds a little too prescriptive for Oliver's liberal, loose-handed style. Nevertheless it's a recipe for a realistic approach to nutrition and, indeed, one you could apply to life in general.

MH sat down with the irrepressible chef to discuss his own nutritional journey, from growing up in a pub to becoming a passionate public health advocate. Read on to discover just why Oliver's a man you can trust with your meals.

MH: You famously grew up in a pub. Were you eating pub grub from day one?

JO: I was lucky really. Dad was one of the first gastro-pub pioneers so we just ate amazing local, home-cooked food. No junk, no shit. I started working downstairs in the kitchen from the age of eight. It was a nice, simple life.

MH: How has your diet evolved since then? It can't have been easy being surrounded by good food all the time.

JO: As a chef it's hard not to have too much of anything because your job is to taste. But as you get older you need to adjust, don't you?

MH: So what exactly prompted you to take action?

JO: I think it was hitting 37 while being in really average shape. I was getting three hours sleep a night, putting on weight and not really getting it. I'd always gone to a trainer but I just hated it. It was really boring. What I finally worked out was that it's important for you to do it on your terms. Previously, if I organised training in my time, I hated it. But then I asked myself, why is it that I can get up for a 3.30am call and be on set and smash the shit out of it and yet getting to the gym is too hard? So I just shifted it so that the gym was on the way to work and it was part of my working day. The minute I did that I got really good at it. It's totally mental.

MH: When did the emphasis in your cooking change purely from taste to nutrition?

JO: Well, I think my stories and narratives were always about real food. We've got five nutritionists working with us and last year I did a comfort-food book. People said, "You think can you do comfort food and still apply the stealth of five nutritionists?" Absolutely, because it's so easy to lose a few gallons of cream. But if you make it too lean then it's got to be a genius dish. The thing is, you actually get flavour and nutrition from having a good rainbow of veggies in there. It's a ninja bit of work.

MH: You use the phrase "nutrition by stealth". You never saw nutrition and taste as incompatible, did you?

JO: I'll tell you what I realised. Seven years ago I appointed my first nutritionist but honestly, she was just a department. Then, after about three years, she cleaned up my backlist and we started thinking, instead of treating you like a health inspector, why don't you become part of the food team? Let's get in bed. We always take the piss, "taking the fun out of food since 2007".

MH: Time is the other big factor in your recipes. That must make things tricky?

JO: Yeah, of course. You start thinking, right, well if time is a problem, I'll address it: *30-Minute Meals*. Feedback? Not quick enough.

Really? Fuckin' hell. Okay, *15-Minute Meals*. Then it was, "Oh, we haven't got any money", so it was *Save with Jamie*. Then it was, "Okay, we're all a little depressed, it's a recession", so it's comfort food.

MH: Campaigning so personally on public health issues wins you a lot of plaudits. But you also cop some flak for being seen to butt in, right?

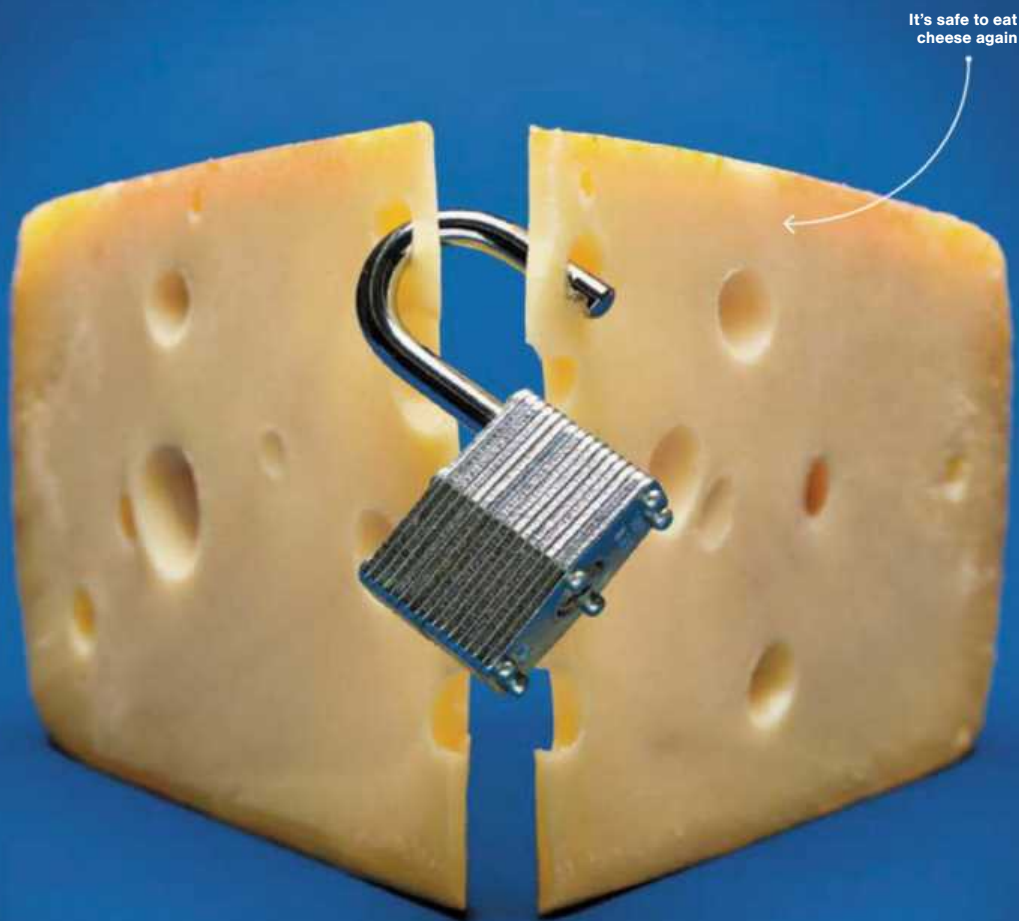
JO: I probably shouldn't do it, really. None of those projects has ever been easy but pretty much what happens every time is I start off being hated and then I end up walking away with the keys to the city.

MH: What about regular guys? What can they do to improve their cooking?

JO: Life's really too short to eat shit. And you only need 10 meals to be a genius at for everyday life. The reason a lot of guys think cooking's hard is because they try a recipe once, and never again. So they skip the repetition that would help them improve.

MH: Speaking of repetition, if you could only cook one meal for the rest of your life, what would it be?

JO: Really? It's like you're asking me to choose between my kids. Probably a delicious curry from Kerala: fast, layered and comforting, with a little bit of "yes mother" from the chillies. **MH**



It's safe to eat cheese again

Nutrition Manual

The Verdict on Saturated Fat

Evidence of links between heart disease and fat was full of holes. So unlock your lust for cheese and eggs

BY K. ALEISHA FETTERS • PHOTOGRAPH ILLUSTRATION KEVIN VAN AELST



Get to Know Bacon and Butter Better

Fat gives beef, eggs and cheese their luscious texture and flavour. Like all fats, the saturated kind contains 37 kilojoules per gram. But unlike unsaturated, these fats also contain tightly packed (or "saturated") carbon chains, which help them retain their structure at room temp. That's why sat fat-rich butter sits solid on the counter while olive oil, which is high in monounsaturated fat, does not.



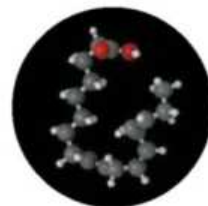
Identify the Real Troublemakers

Saturated fat has a long history of being linked to heart disease. "Most of the data that is used to convict saturated fat is actually associated with excess kilojoules from high-carb diets," says Donald Layman, a professor emeritus of human nutrition at the University of Illinois. "Replacing carbohydrates in your diet with saturated fat usually reduces blood pressure and cholesterol."



Repeat: "The Lard Is My Saviour..."

Look for grass-fed organic beef, pasture-raised chicken and free-range eggs. Grass-fed beef contains higher levels of heart-healthy omega-3 fatty acids than the grain-fed variety, according to Texas A&M University research. And eggs from pasture-raised chickens pack more omega-3s than those from their cooped-up counterparts, according to research by Penn State University.



CHAIN REACTIONS

THREE TYPES OF FATTY ACIDS, AND HOW YOUR BODY EMPLOYS TWO TO MAKE YOU AWESOME

SHORT-CHAIN

These fatty acids supply energy for digestion and may protect colon cells from inflammation, according to a 2014 *Advances in Immunology* study. Your body produces them when fibre ferments in your colon. The good news: dairy is another rich source. So shop the fridges for milk, butter, yoghurt and cheese.

MEDIUM-CHAIN

When you consume medium-chain fatty acids, your body sends them to your liver for processing. There they produce compounds called ketones, which help tell your appetite when to quit, Layman says. So yes, fat can fill you up. The medium-chain fatty acid you eat most often is lauric acid; it's in butter, milk and cheese, but palm oil and coconut oil are the richest sources.

LONG-CHAIN

The most common form of saturated fat is palmitic acid. Too much in your body's tissues can signal poor heart health, which happens when your body stores excess carbs as fat. However, cooking with palm oil or lard won't necessarily affect tissue levels, says Dariush Mozaffarian, dean of the School of Nutrition Science and Policy at Tufts University.

Spice Up Your Life

Curry is the ultimate comfort food – hot as hell and healthy too. Try this recipe from Quorn: it's replaced all the fat with pure fiery flavour

Quorn Mince Curry

INGREDIENTS

- 300G (1 PACKET) QUORN MINCE
- 1 LARGE POTATO, PEELED AND CUT INTO BITE-SIZED CHUNKS
- 175G CAULIFLOWER, CUT INTO SMALL FLORETS (OPTIONAL)
- 350G-425G JAR CURRY SAUCE; MADRAS WORKS WELL
- 175G PEAS, FRESH OR FROZEN
- 2 HANDFULS FRESH BABY SPINACH LEAVES
- WARM WHOLEWHEAT NAAN OR CHAPATTI BREAD AND MANGO CHUTNEY TO SERVE

METHOD

Blanch the potatoes and cauliflower in boiling water for 8 to 10 minutes. Pour the curry sauce into a large saucepan and heat gently.

Add the Quorn Mince, potato and cauliflower. Bring to the boil, reduce the heat and simmer for 10 minutes. Add the green vegetables and cook for a further 2 to 3 minutes. Season to taste. Serve the curry with naan bread and mango chutney.

MAKES
4 SERVINGS

Cooking time:
25 mins

1 050 kJ

0.6g fat

#TastingsBelieving



Find Quorn in the frozen aisle at your local supermarket, or go to quorn.co.za





The First World Problem

The plague of our age isn't caused by famine but excess – men are sleepwalking into diabetes. Here's your wake-up call

BY MIKE SHALLCROSS



DIABETES, SPECIFICALLY the type 2 variety, is a thoroughly modern epidemic, a pestilence of plenty stalking the consumers of the developed world, spreading through

our overpiled shopping baskets and plates, and taking root in our thickening waists.

But our knowledge of diabetes, and what causes it, sucks. Conduct an unscientific poll by asking your friends about it, and you'll probably get a response like "It's to do with sugar, isn't it?" As if dodging pecan pie is going to make them bulletproof. I can give you a handful of hard stats from the International Diabetes Federation which chart the creeping spread of the disease in South Africa, but it's a speculative one that sticks out for me: there are 2.7 million adults diagnosed, but a further 1.2 million are estimated to be walking around with the disease, unaware.

++ Internal Affairs

Is this a problem, if it's not visibly affecting your health? Yes, it's a huge one. Over time, diabetes can progressively degrade the function of some of your major organs, even if it is being treated. Unchecked, it could wreak havoc. In a typically whip-smart and provocative article, British hospital doctor and writer Max Pemberton recently argued he'd rather be diagnosed HIV-positive than diabetic. In the case of the former, advances in antiretroviral drugs have made the effective death sentence of the 1980s and the 90s a manageable condition. The virus has not been routed, but it has been stalled.

In contrast, diabetes is still advancing. "The risk of stroke in newly treated type 2 diabetics is more than double that of the general population," writes Pemberton. "People living with diabetes are four times more likely to have cardiovascular disease; in 20 to 30% of people with diabetes there's damage to the kidney filtering system, leading to kidney failure and the need for dialysis."

In contrast to the portentous public-health messages that once accompanied the dawn of HIV, diabetes has become so commonplace that it's almost tempting to see it as a part of ageing. "Because it affects a lot of people, it's not taken as seriously as it could be," Dowling says. But Pemberton set out the grim realities starkly: for patients living in the developed world, access to the latest therapies means "HIV now no longer reduces your life expectancy, while type 2 diabetes typically reduces it by 10 years." In a slow-motion plague, we're dying of ignorance.

Diabetes, if you're a man at least, breaks down into two discrete forms. There's little you can do about type 1, as it's an autoimmune disease that develops in childhood. Here the pancreas stops producing the insulin necessary to process blood sugar for energy. As a result the body will turn to other sources of energy, such as fat cells, potentially flooding the body with toxins.



BARE FACTS
Lose your willpower
and you risk life and limb

However 90% of cases are type 2, a.k.a. adult onset diabetes. Here the pancreas is still making some insulin, just not enough or of sufficient quality. As a result, blood high in glucose rushes through the body, damaging blood vessels. "It roughens the inside of them, causing clots and damaging internal organs," says Dowling.

++ Your Sugar Fix

So how do you dodge it? There are three primary risk factors: age (your risk increases past 40, or 25 if you're of South Asian origin), family history and weight. The first two you can't do much about, but you can put that pie down. "Being overweight starts to make the body much more resistant to insulin," says Dowling. "We don't know why, but the result is that the pancreas will start to flood the body with insulin until it gives up producing any more." Catch it early enough and you can control it with exercise and a healthy diet, rather than medication.

A cure for diabetes remains elusive, but doctors are cautiously optimistic about research into low-kilojoule diets. Volunteers who have stuck to a 2 500-kilojoule-a-day diet for eight weeks have seen their blood glucose levels drop below the diabetic range. But it's a very difficult, and arguably unhealthy, regime to follow outside of a clinical trial, and it's not a cure, says Dowling - yet.

In the meantime, your best defence against diabetes remains... well, probably this magazine. Exercise, eat properly and keep the spare tyre at bay. Simple steps, but essential to dodge the needle and the damage done.



TAKE OUR DIABETES TEST

WOULD YOU RECOGNISE IF YOU'RE IN DANGER FROM THE SILENT EPIDEMIC?

1 Which of the following is a sign of diabetes?

- a) Tiredness
- b) Excessive urination
- c) Thirst

ALL THREE. "Also look out for things like blurred vision and cuts taking a long time to heal. They can be quite small things, but they're not necessarily just signs of ageing," says Dowling.

2 True or false? Sweet foods cause type 2 diabetes.

FALSE. "Fat and sugar are both high in kilojoules but eating a lot of sugar in itself isn't proven to give you diabetes," says Dowling. "Keeping to a healthy weight is the important thing."

3 What waist size puts you in danger of diabetes?

- a) 34"
- b) 37"
- c) 39"

B. But don't be complacent if you fit into size 36 jeans. Unless you wear them at Toks van der Linde height, your actual waist size will be bigger than you think. Measure around your belly button - not hips, says Dowling. Prepare for an unpleasant surprise...



The Imperfect Man's Guide to Perfect Health

Won't sit up straight? Fail to floss daily? You're forgiven. Our experts say these 6 quick fixes are the next best thing

BY PAIGE FOWLER

"I TRULY HOPE THAT THROUGH MY CONTINUED TRAINING, TENACITY, and perseverance, Usain Bolt will always beat me in the men's 100m."
- From *Things Justin Gatlin Never Thought to Himself*

At what point in your life did you ever strive to be second best? When has any successful guy, for that matter?

Coming in second can suck: the trophy is less grand, the medal is less precious, and the attention is golf-applause polite, if that.

But we're here to tell you that in the competition against disease, the smart guys go for silver. Because when men try and fail to bring home the gold in health, they risk settling for dead last.

Let's say you don't floss every day and never will. Instead of simply accepting your periodontal peril, you can do something for your gums that's almost as good. Or maybe you can't be bothered to tally up the number of footsteps you take in a typical day. No problem: you can still enjoy the benefits in a way that doesn't require counting to 10 000.

It isn't just that the second-best strategies described on the following page are better than doing nothing (even though they are). They're so damn good for you that no matter what Usain Bolt is up to, you'll still be enjoying your place on the podium for years to come.

1

If you can't take at least 12 000 steps every day...

Put down the pedometer and start the stopwatch. You can reap the same health benefits by counting minutes instead, says Catrine Tudor-Locke, chair of kinesiology at UMass Amherst. Can you manage three 10-minute brisk walks a day? In a Norwegian study, older men who did precisely that six days a week cut their risk of dying of any cause during the study period by 40%.

2

If you won't use sunscreen on your entire face...

At least cover the cancer magnets: your nose, eyelids and lips. Your schnoz is the most common place on your face for basal cell carcinoma, while 5 to 10% of all skin cancers occur on eyelids. And men are more likely than women to develop tumors on their smackers. Swipe Sunprotect Sport SPF50 (R45, Clicks) onto all three hot spots. Then slip on some UV-blocking shades.

3

If you forget to floss on a daily basis...

You can either pick the detritus from your teeth or pick up a set of dentures. A dental pick removes food particles that swishing and spitting can't budge, says dentist Brian Gray. Try a brush with fine rubber interdental bristles, which will stimulate your gums and spelunk for gunk. Research shows that these interdental excavators are just as good as flossing at reducing plaque and preventing gingivitis.

5

If you don't sit up straight at your desk...

Compensate by bending over backwards. Slouching can decondition your back muscles, deplete energy, and cause a piss-poor mood. Can't walk it off? Then stand up and place your hands on your hips. Now slowly bend back. Do this a few times every hour to undo the havoc from your hunching, says Evan Johnson, director of physical therapy at the New York Presbyterian Hospital Spine Centre.

4

If you can't have sex at least three times a week...

You're not alone, and here's what you're missing (besides the obvious): a reduced risk of erectile dysfunction, says Darius Paduch, director of sexual health and medicine at Weill Cornell Medical College. His prescription: thrice-weekly orgasms. Hit the gym too. Men who log at least two hours of strenuous exercise each week have harder erections than less active dudes, report Duke University researchers.

6

If you can't rally yourself to cook your own meals...

Stop inviting extra kilojoules to dinner. Folks who eat fast food three or more times weekly are 81% more likely to be obese than those who eat it less than once a week, the Michigan Department of Community Health found. Plan ahead: in a 2014 *Appetite* study, people who checked a menu online before ordering chose meals with 600 fewer kilojoules than the grub others grabbed without as much thought. **MH**



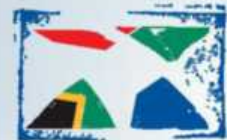
I HAVE WHAT?

EXPLODING HEAD SYNDROME

Symptoms As you're drifting into or out of sleep, you hear a loud noise – think cannon blast or gunshot – that jolts you awake.

The Diagnosis Exploding head syndrome, or EHS, is thought to occur when the part of your brain that controls your sleep-wake cycle briefly fails to mute your auditory neurons. As a result, you experience an activity boost that you "hear" as a detonation, according to research from Washington State University. One study suggests that about 14% of adults may be affected. Anxiety, poor sleep habits or sleep disorders might be setting off the bombs, says study author Brian Sharpless.

The Treatment If you regularly wake up with a bang, see a doctor: calcium channel blockers and antidepressants can help defuse the problem. But if it also hurts like something went off in your head, head to hospital. You may have a more serious problem, like a brain haemorrhage. – MELISSA ROMERO

STILLWATER
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XTERRA
SOUTH AFRICA

Family is challenging

Entries now open for the 2016 Fedhealth XTERRA events

XTERRA Buffelspoort

KIDS • 22 January
FULL • 23 January
LITE • 24 January

XTERRA Port Elizabeth

KIDS • 29 January
FULL • 30 January
LITE • 31 January

XTERRA Grabouw

KIDS • 19 February
FULL • 20 February
LITE • 21 February

Bring your whole family and come join us at three exciting **Fedhealth XTERRA** events during January and February 2016. Visit www.fedhealth.co.za for more info and to enter online. We hope to see you – and the family – there, strutting your stuff!

Family takes care of family



Eight Skin Cures at Your Fingertips

Afraid to get naked? Try our DIY guide to doctoring your dermis—no appointment (or anesthesia) necessary.

BY DAVID MCGLYNN
ILLUSTRATION DANNY HELLMAN

MEN CAN GET AWAY WITH VISIBLE SCARS. They're proof that you've lived an interesting life, taken risks, maybe lost a bet involving an alligator and a bottle of steak sauce. But warts? Those, and a roster of other body blemishes, don't come with a cool story. No man ever said "I got these liver spots from 20 years of skipping sunscreen. Gnarly, huh?"

Now, you could spend a ton of time and money to have a skin doc clean up your epidermal act. But a guy with guts—with scars—will grab whatever's handy and take care of his own damn warts! You are that guy, and this is your guide.

Ingrown Hairs

Give your face a brewed awakening. Used coffee grounds slough off skin, which allows facial hairs to sprout up through the follicles instead of burrowing below the surface, says dermatologist Annie Chiu. And because caffeine is a vasoconstrictor, it can help ease exfoliation-induced inflammation, she adds.

► **DIY** Mix a spoonful of cooled grounds with a dollop of facial moisturiser. Scrub your mug thoroughly and rinse with warm water. Repeat twice a week.

Skin Tags

Did you floss today? Not your teeth, but your skin tags, those dangling doohickeys that are usually caused by skin-to-skin friction. Tying off a tag strangles the blood supply, says Martha Simpson, an associate professor of family medicine at Ohio University.

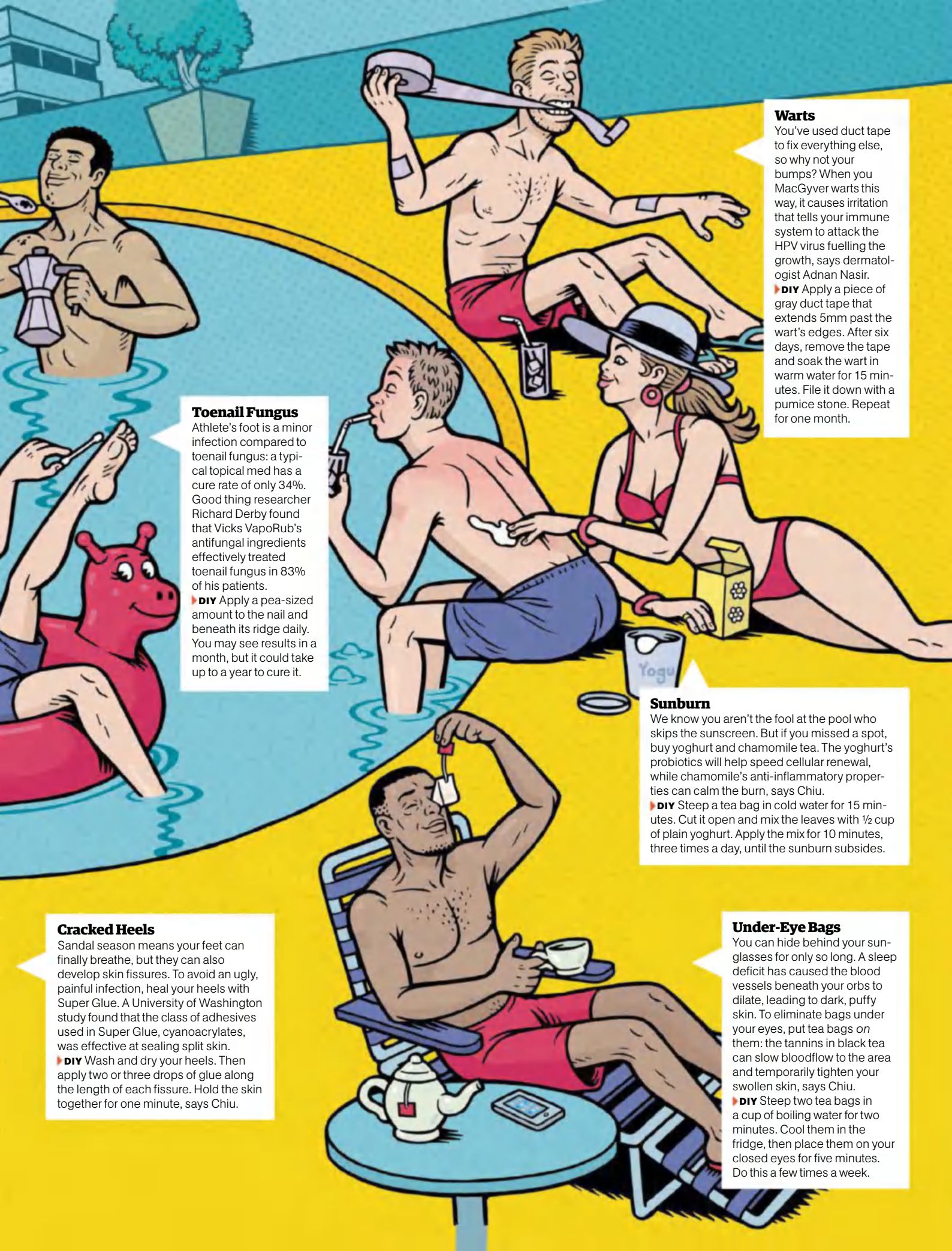
► **DIY** Tie several inches of floss tightly around the base of the growth. Snip off any excess floss and then cover the whole thing with a bandage. The tag should fall off in a few days.

Age Spots

These brown blotches are signs of sun damage, so first have your skin screened for cancer. All clear? Open a bottle of cider vinegar. It contains a natural form of alpha hydroxy acid that helps remove the outer skin layers where melanin is trapped, says Chiu.

► **DIY** Dilute one part vinegar with two parts water. Use a cotton ball to swab your spots with the solution; don't rinse. Repeat daily.





Warts

You've used duct tape to fix everything else, so why not your bumps? When you MacGyver warts this way, it causes irritation that tells your immune system to attack the HPV virus fuelling the growth, says dermatologist Adnan Nasir.

► **DIY** Apply a piece of gray duct tape that extends 5mm past the wart's edges. After six days, remove the tape and soak the wart in warm water for 15 minutes. File it down with a pumice stone. Repeat for one month.

Toenail Fungus

Athlete's foot is a minor infection compared to toenail fungus: a typical topical med has a cure rate of only 34%. Good thing researcher Richard Derby found that Vicks VapoRub's antifungal ingredients effectively treated toenail fungus in 83% of his patients.

► **DIY** Apply a pea-sized amount to the nail and beneath its ridge daily. You may see results in a month, but it could take up to a year to cure it.

Sunburn

We know you aren't the fool at the pool who skips the sunscreen. But if you missed a spot, buy yoghurt and chamomile tea. The yoghurt's probiotics will help speed cellular renewal, while chamomile's anti-inflammatory properties can calm the burn, says Chiu.

► **DIY** Steep a tea bag in cold water for 15 minutes. Cut it open and mix the leaves with ½ cup of plain yoghurt. Apply the mix for 10 minutes, three times a day, until the sunburn subsides.

Cracked Heels

Sandal season means your feet can finally breathe, but they can also develop skin fissures. To avoid an ugly, painful infection, heal your heels with Super Glue. A University of Washington study found that the class of adhesives used in Super Glue, cyanoacrylates, was effective at sealing split skin.

► **DIY** Wash and dry your heels. Then apply two or three drops of glue along the length of each fissure. Hold the skin together for one minute, says Chiu.

Under-Eye Bags

You can hide behind your sunglasses for only so long. A sleep deficit has caused the blood vessels beneath your orbs to dilate, leading to dark, puffy skin. To eliminate bags under your eyes, put tea bags on them: the tannins in black tea can slow bloodflow to the area and temporarily tighten your swollen skin, says Chiu.

► **DIY** Steep two tea bags in a cup of boiling water for two minutes. Cool them in the fridge, then place them on your closed eyes for five minutes. Do this a few times a week.

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36 Days of Av

2015 TO 2016. WHAT'S THE DIFFERENCE? NOT MUCH, UNLESS THE DATE BECOMES A DIVIDING LINE BETWEEN WHAT YOU ONCE WERE AND WHAT YOU WILL BE. THE CYNICS SAY YOU CAN'T SUCCEED. WE SAY YOU CAN. TAKE THESE THREE GIANT STEPS AND PROVE US RIGHT.

ILLUSTRATION BY MARK NERYS



66 Awesome

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- ▶ **STEP 1** REINVENT YOUR WORKOUT **P94**
- ▶ **STEP 2** TRANSFORM YOUR DIET **P102**
- ▶ **STEP 3** RETIRE 10 YEARS EARLY **P114**

THE
YEAR
OF
LIVING

STRO



NGER

FORGET THE TIRED

Q*

RESOLUTIONS:

THIS FIT LIST OF
12 REAL FITNESS
RULES WILL GET
YOU BACK TO THE
GLORY DAYS AND
THE BEST SHAPE
OF YOUR LIFE.

FORGET CRAZY
DIETS, TRAINING
GIMMICKS, BRO
SCIENCE AND
BORING TRAINING
SESSIONS - YOU'LL
ENJOY EVERY
MOMENT OF THIS
PLAN TOO

► BY ARTHUR JONES

P.95



Indoor climbing gyms like Cityrock provide varied climbing challenges, and have coaches on hand.



THERE'S ONLY ONE RULE TO
ALL THESE TWELVE RESOLUTIONS:
YOU NEED TO START MIXING
SOME ADVENTURE INTO YOUR FITNESS.

1

Resolution No.

Take Your Training to New Heights

Climbing is a fast-growing training trend – indoor climbing gym numbers have doubled in the last few years, abroad and here in SA too.

LOCAL HANGOUT City Rock has just opened a massive, world-class indoor climbing gym in Randburg, featuring over 2 000m² of high wall climbing, 28 000 grips, 124 rope anchors, nine automatic belay walls, an area for beginners and kids, and 500m² of bouldering space.

"Climbing is exercising while having fun," says Robert Breyer, the owner. "It's physical, but involves mental problem-solving and requires you to overcome the fear of falling. It's a really multidimensional sport."

If you're in Cape Town, they've got a Woodstock branch too. cityrock.co.za

TAKE IT OUTSIDE South Africa is a playground of outdoor climbing options that offer a huge variety of grades (difficulty levels). So once you've got your indoor training and skills up to speed, head over to Climb ZA (climbing.co.za) to find some outdoor routes. We've tried Legoland in Montagu, and we're hooked.

BRING IT HOME Consider yourself a handyman? Build your own climbing gym, right in your garage. Use the example below of local climber Hadley Weight's wall and set up your own with different hand and finger holds to build your strength, and invest in a bouldering cushion (or mattress) to catch you when you fall.





RESOLUTION #2 YOU DON'T NEED A TICKET TO RUN ---

Skip costly entry fees and use these apps to compete against friends and frenemies (or to train for the zombie apocalypse)

STRAVA Arguably the most popular training competition app (and pretty damn addictive), it uses your smartphone's GPS to break down your runs and cycles into segments, and puts the times into a global leaderboard. Also good for finding new routes. Free. iOS and Android. strava.com

RUNKEEPER Not just good for measuring your running performance (and offers features like audio cues and Runkeeper DJ), it also lets you connect and compare with buddies and provides personalised routines to help you get ready for a goal race. Free. iOS and Android. runkeeper.com

CHARITY MILES Looking for some proper (and altruistic) motivation? Download this app, become a sponsored athlete and choose a charity. Then you can earn 10c (US) for every mile cycled or 25c for every mile run (paid by a big pool of corporate donations) for your chosen charity. Free. iOS and Android. charitymiles.org

ENDOMONDO This covers a lot of different training types, and provides customised feedback, challenges and real-time audio cues – there's even a feature called Pep Talk which lets friends send motivating messages. endomondo.com

ZOMBIES, RUN If you don't want to compete against friends or for charity, you can make sure you run faster by evading the undead. The audio prompts tell you when to speed up to get supplies and when to slow down to rescue people, and occasionally it tells you to do sprint to escape a horde of undead. There are over 200 missions, so you'll never get bored of escaping. Free. iOS and Android. zombiesrungame.com



Resolution No. ▲

3

Don't Ditch the Kids (or Pets)

It's time to get fitter as a family. Research shows that both furry and non-furry family members help you get fitter and leaner, quicker. Race organisers and event planners now regularly include kids' races, so next time you sign up for an obstacle race, cycle or race, check all the race categories: you might be able to ride or run with them, or they'll get their own, shorter version of whatever you're doing. Either way, it's a great way to build family spirit, some competitive drive, and the right kind of healthy habits your offspring need. And besides races, there are other family activities:

RUN WITH A LEASH There are dog-friendly routes in most South African metropolises; just make sure you have your pooch on a leash and take along a few poo bags too. Keen to enter a race with Rex? Check out the online *Runner's World* race calendar and use the handy "Dogs Allowed" filter. runnersworld.co.za

TRAMPOLINE PARKS Whether it's Bounce Inc (bounceinc.co.za) or Rush (rushsa.co.za), both these

franchises offer a fantastic anti-gravity family adventure, and if you stay on the springs non-stop for 30 minutes, it offers a surprisingly tough workout.

PARKRUNS Get some healthy home competition going by enlisting everyone into the free, weekly timed 5km runs. There are clubs across the country, and it's a great way to get running fit together. Did we mention it was free? If your kid is under 11, you'll need to run with them. Hopefully, you'll be able to keep up. parkrun.co.za

CLIMBING Round up the squad and take them to an indoor climbing gym to introduce them to bouldering. Honestly, if you're all starting at the same time, your kids will probably teach you a few things.

PARK WORKOUTS Do a little research, and you'll find at least one park near you with a jungle gym for both kids and for adults – you'll be surprised how much training you'll be able to get done. If you need some guidance, check out our bodyweight training videos at mh.co.za/fitness/videos



4

Resolution No.

Don't Pay Big Bucks for Small Gains

FIND BETTER VALUE Big gym chains like Virgin Active and Planet Fitness now offer streamlined, basic gym services called "dry gyms" for less (there's no pool or saunas). Virgin Active has Red clubs (red.virginactive.co.za) and Planet Fitness has JustGym options (justgym.co.za), where you can sign up for as little as **R179 a month** (depending on the location). Just keep in mind that most of these gyms are found outside city centres. Or you can try out a new player, Viva Gyms (vivagyms.co.za) where you're looking at **R240 a month**, but they also offer a month-by-month membership. They've got decent equipment and even cardio class options. They've got six branches covering Joburg, Pretoria and PE; and they're running a buy-out service where they help you move from your current gym. And then there's the wellness-focused Go (gohealthclub.co.za), at **R259 a month**.

VARY IT UP FitKey is an app developed by Josh Shimkin and Evan Walther. "I wanted to make these cool independent fitness gyms and studios easier to find and easier to try - as well as make it more affordable to mix up a workout routine," says Walther. It offers a monthly membership to hundreds of gyms in Joburg and Cape Town for **R495**. You can hop between gyms to try them out (three classes per month max) but get this: when you find one you like, you're free to do as many classes as you like at that one gym. Available for Android and iOS. Check it out at fitkey.co.za



5

Resolution No.

Ride Fat. Get Thin

Not sure what to make of fat bikes? Think MTB, but with added offroad mobility: the double-wide tyres help you float over soft sand and snowy singletracks. They're heavier, and require some more power steering so it's more of a workout, but the muscle- and lung-building benefits aren't the only selling points for us. We don't get much snow, but these monster truck-esque mountain bikes will get you closer to the sea and exploring incredible coastlines, both here and in Namibia. But even more importantly, they're a lot of fun to ride. Here are three ways to try them:

FAT ATTACK Three-day stage race from Coega (near PE) to Kidds Beach, 19-21 Feb. Rentals (the Rapid Fat Cat Pro Bike) available from Red Cherry. fatattack.co.za

WEST COAST PHAT TREK Two-day fat bike adventure (32km and 40km) in early October. And yep, fatties are available to rent. dhhdistribution.co.za

FAT BIKE TOURS Based in Gansbaai, this company offers four different routes, all with wild, unforgettable scenery. fatbiketours.co.za



6

Resolution No.

Build a Better Body... Outside

Take a look at the double-barrelled workout poster plan that comes with this issue. It has a total-body workout - with the added benefit of getting you ready for any obstacle race - and a mobility-focused workout, too. Neither one requires fancy equipment, apart from a few simple training tools and a pull-up bar (and you can forget about memberships) but together they will get you stronger and moving better than ever. Not just for obstacle racing, they'll provide real-world, functional strength and range of movement that'll make you a better athlete.

HOME IMPROVEMENTS If you do want to build a cheap, but potent home gym, here are the three best-value training tools:

► **PARALLETES** You can either make your own, using sections of PCV pipe and some really basic DIY skills, or you can buy a set. Personally, we're not sure how long that PVC will last, so we recommend you invest in powercore parallettes **R849** mifitness.co.za

► **PULL-UP BAR** Work on your arms, back and core whenever you want. This is the first, and most important, part of any home gym. Make sure you install it properly, or it won't be a great start to your training year. Get the wall mounted pull-up bar **R1 294** rebelstore.co.za

► **GYMNASTIC RINGS** Versatile training tools that you can sling over a tree branch. Take a pair of plastic rings (with strapping) with you on holiday for extra training options. **R530** rebelstore.co.za

RESOLUTION #7 SWEAT THE SMALL STUFF ---

Real gains are in the details. Big, compound moves get all the press, and for good reason: squats, deadlifts and bench presses are effective, important tools. But if you focus too much on those you run the risk of neglecting other key areas. Make these weak links your chain of strength, and you'll become far more powerful in a practical way.

FOREARM AND GRIP STRENGTH

Your grip strength limits you in a number of ways: the weights you can move, the objects that you can wield, and yes, the jars you can open. Our recommendation: "Nothing builds grip and forearm strength like heavy one-arm rows and farmer's walks," says Lil Bianchi, world champion powerlifter and strength and conditioning coach.

SHOULDER STABILITY

Many men struggle with shoulder mobility because of tight, over-worked chest muscles and not enough emphasis on upper back work. The solution: spend some time in a dead hang off a pull-up bar. "It'll open up your back and chest, lower back and shoulders: it's the best thing you can do for your shoulder health," says Richard-Dean Sumares, yoga instructor and movement coach.

HIP MOBILITY

The ability to open and close your hips explosively has all kinds of uses in the real world. It can help you run faster, lift heavier (especially Olympic lifts) and generally be a better athlete. And yet hip mobility and ankle flexibility are two problem areas that plague a lot of guys. The two hip stretches you need to start incorporating into your workout: the Couch stretch and Hip Bridge (and the single-leg version).

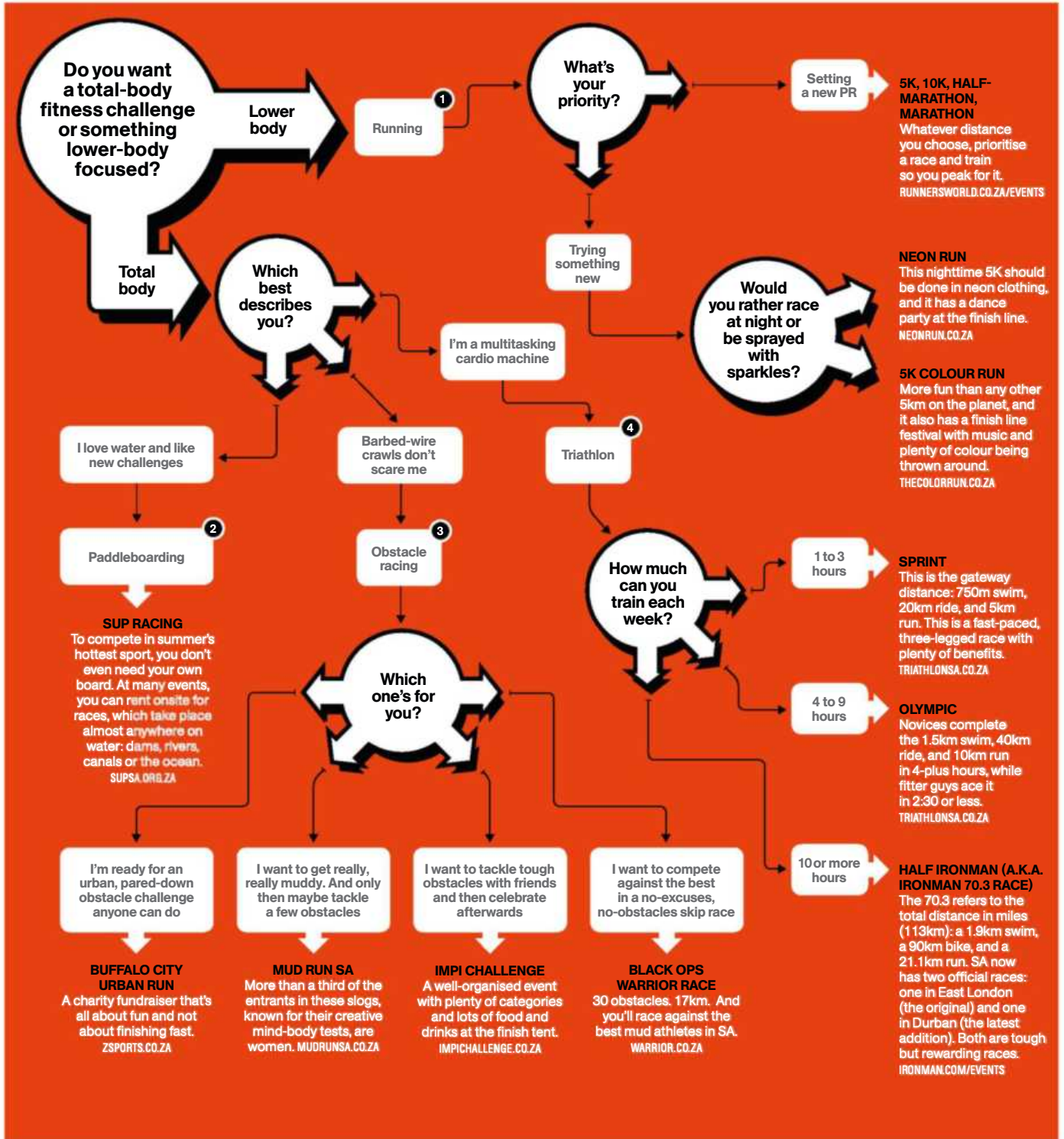


8

Resolution No.

EMBRACE OUTDOOR CHALLENGES ▼

YOU DON'T NEED TO KEEP DOING THE SAME-OLD, SAME-OLD EVERY YEAR. NEW AND EXCITING RACES ARE ON THE RISE NOW, AND IT'S NEVER BEEN EASIER TO EXPERIMENT WITH A NEW CHALLENGE OR SPORT OUT IN THE FRESH AIR. HERE'S HOW TO DECIDE WHICH ONE IS FOR YOU





SA is home to great trails, including Cape Town's Newlands Forest

10

Resolution No.

Run the Best Hiking Trails

DON'T THINK SMALL South Africans are pushing themselves further and faster than ever before, and they're having fun doing it. The number of ultramarathon runners has doubled in the past three years, and the availability of smaller, niche trail runs on signature scenic hikes has increased dramatically. And it's not just the ultrarunning numbers that have grown; the number of smaller trail races and series has also exploded - and for good reason. Give yourself a challenge that scares you a little: something that quickens your heartrate and makes your palms sweaty just thinking about it. Your reward is some of the best scenery in the country.

THE BENCHMARK The Otter Trail. The "Grail of Trail" takes you along arguably one of the most picturesque hiking routes in the world, the Garden Route, and you'll line up against some of the best trail athletes in the country. Normally the hike is done over five days, but the Run category requires you to the 42km in under 8 hours (and you'll do a Prologue the day before to get a starting position), or give yourself 11 hours to finish the whole route with the Challenge option. theotter.co.za

THE MULTI-DAY The Wildrun franchise of races (Lesotho, Richtersveld and the Wild Coast) all offer three days of incredible scenery, world-beating single-track and access to areas that even 4x4s have trouble getting to. If we had to pick (and it's ridiculously tough to choose just one), then the Wild Coast is our favourite. But you'll win with any of them. wildrun.com

TURN THE DIAL ALL THE WAY If you fly over trails with the dexterity and stamina of a mountain goat, then you should attempt either distances of the Skyrun (65km or 100km) in the Witteberg Mountain Range in the Eastern Cape (skyrun.co.za) or the 100km route of the Ultra Trail Cape Town, which runs mostly on Table Mountain and has a insane cut-off time of 15 hours. There are also 20 and 60km options. ultraailcapetown.com

9

Resolution No.

MIX FITNESS WITH TRAVEL

COMBINE YOUR PASSPORT PLEASURE WITH YOUR TRAINING GOALS - THERE'S PLENTY TO CHOOSE FROM. INSTEAD OF KICKING BACK ON THE BEACH AND OVERINDULGING ON THE BUFFET, MAX OUT ON ADRENALINE, ENDORPHINS AND FITNESS GAINS.



THE START OF THE SARAH RACE
Even the sand and heat won't distract from the views

► **Sign Up for the Namib Desert Challenge** 5 days, 220km, red and golden sand, azure skies, two of the world's highest dunes (Dune 45 and Big Daddy) and the breath-taking Sesriem Canyon. See new scenery in the most memorable way possible. 24-28 October.

► **Book a Surfing Expedition to the Maldives...** or Nicaragua, Peru, Costa Rica or Indonesia. Great weather, and long surfing sessions means you won't be chilling on any beaches. truebluetravel.co.za

► **Run the Inca Trail Marathon to Machu Picchu** Leave the hike to overweight tourists and test yourself with the so-called "most difficult marathon in the world". There's a vertical altitude gain of over 3 000m, so you may not set a new PB this time round. But you will be rewarded with one-in-a-lifetime scenery. 4 June. andesadventures.com

► **Use Adventure Fit Travel** to arrange bespoke trips to places like Bali, California and Everest Base Camp, and they're packaged with training classes, expert fitness workshops and unique races. adventurefitttravel.com

◀ Attempt Any Race in the Racing the Planet Series

Made up of four desert races (Atacama Crossing, Gobi March, Sahara Race, The Last Desert: Antarctica), this is the best way to see unforgettable countryside vistas. racingtheplanet.com

► **Go White-Water Rafting on the Zambezi** In between the rapids, you'll do plenty of core-improving paddling over three days. You'll go through more than 40 rapids, and you'll paddle roughly 50km over the three days. Check out our MH Challenge on page 48 for more information.



**RESOLUTION
#11
DON'T TAKE
WINTERS OFF**

This is a great time to collect gains and build a cardio engine that'll serve you well when the weather improves. Skip the old bulk-and-cut mentality; you want to build lean muscle while having fun and not following an unsustainable diet cycle. Here are some options to keep your motivation levels high and couch time low.

GET INTO (OR ONTO) THE WATER

It may sound counter-intuitive, but the cold start of winter is the perfect time to hit the water. If you're a triathlete, the indoor gym pools are quieter – you're almost guaranteed to get your own lane. And if you're a paddler, kayaker or surf-skier, now's the time to collect hours on the water.

LEARN A NEW PHYSICAL SKILL

Gymnastics or calisthenics are a good bet, as you can do most moves at home. Learn how to handstand walk, work on a planche or perfect your L-sit. They're rewarding goals with plenty of real-world movement utility. Check out Carl Paoli, Ido Portal or Frank Medrano for guidance.

BUILD BASE BODYWEIGHT

STRENGTH It doesn't require hours, or even a gym membership. Here's a simple, 10-minute daily plan to kickstart your day:

**10-MINUTE TRIPLE
THREAT**

3 MINUTES: AS MANY
PUSH-UPS AS POSSIBLE.
20-SECOND BREAK

3 MINUTES: AS MANY
SQUAT JUMPS AS POSSIBLE
(GET BELOW 90 DEGREES).
20-SECOND BREAK

3 MINUTES: AS MANY
SIT-UPS AS POSSIBLE.

TAKE DOWN THE COMBINED
TOTAL, AND THE TOTAL FOR
EACH SECTION. YOUR GOAL
IS TO BEAT THE NUMBER
EVERY TIME YOU DO IT (YOU
CAN TAKE A REST DAY IN-
BETWEEN IF NEEDED).



Resolution No. ▲

12

**Don't Take Yourself
Too Seriously**

Not everything is about splits, personal bests and being faster than your friends. Sign up for races that aren't just about racing, and enjoy some quality time with friends and family. You'll get bonus points if you raise some money for charity along the way too.

WINGS FOR LIFE WORLD RUN Race in a global synced race against the Catcher Car, and all for a good cause (spinal cord research). Last year saw 100 000 racers start at the same time around the world. This year's SA venue: Pretoria. 8 May. wingsforlifeworldrun.com

TWILIGHT RUN Get your fancy dress sorted, then join 15 000 other runners and walkers in this 5km charity event through downtown Cape Town. comchest.org.za

THE COLOUR RUN Start the 5km run wearing pristine white, end it covered in colour and partying in a finish-line festival. Don't be the guy who tries to race this. colorrun.co.za

NIGHT BEACH RUN Choose either the 3 or 7km option, then run barefoot at low tide along Blouberg beach. It's not a race, it's more about having fun and being social. They also organise regular Full Moon beach walks. cleanc.co.za/events

DAREDEVIL RUN Created as a fundraiser race in 2009 to raise money and awareness for cancer, it's since grown into a hugely popular race in its seventh iteration. The catch? All the entrants are men, and the race kit is a purple speedo and running shoes. You need to be ballsy to pull this one off. daredevilrun.com **MH**





THE LEAN MUSCLE DIET

THIS NEW YEAR,
.....
IGNORE THE
.....
TRENDY, COMPLEX
.....
DIET PLANS
.....
DESIGNED TO
.....
SHRINK YOUR
.....
WALLET AND NOT
.....
YOUR GUT. TO
.....
BUILD THE BODY
.....
YOU'VE ALWAYS
.....
WANTED, LIVE
.....
LIKE YOU ALREADY
.....
HAVE IT
.....

► BY LOU SCHULER
.....
AND ALAN
.....
ARAGON
.....
► PHOTOGRAPH BY
.....
SCOTT McDERMOTT
.....

P.103
.....



WHEN MEN SET OUT TO LOSE WEIGHT,

they usually start at the wrong place. They pick a popular diet, any diet; it doesn't matter which one. Most plans tell you to eat none of some things and tons of others. Your weight drops until it stops. Then it's up to you to make sure your shrunken gut stays that way. These diets have it all backwards. Instead of starting with no idea where you'll end up, act as if you've hit your target. Follow the principles from our new book, *The Lean Muscle Diet*, to build the body you want – and keep it.



Principle No.

1

You Need to Eat More Food

If you have a Cheesy Crunch Burger habit, the first step is easy: limit your intake of anything with a name that includes the words "cheesy," and/or "crunchy." But you still need to eat something, and whatever it is, it'll have kilojoules you must account for. The accounting is simple: there are two sides to the ledger. One side is your kilojoule intake, and the other is your metabolism – that is, the kilojoules you burn – which works in four ways.

Digest. About 10% of your metabolism comes from how you process food. But you can do better with an easy fix: eat more protein. Twenty-five percent of protein kilojoules are burned after you swallow them, compared with 2 to 3% of fat kilojoules and 6 to 8% of kilojoules from carbs.

Move. Everything from working out to walking to the mailbox burns more kilojoules than not moving – and accounts for 20 to 30% of your metabolism. The more you move, the better, including those times when you...

Hit the can. When you dial up a #1 or #2 (or sneak out a fart), energy leaves your body. Alas, you can't toot your way to single-digit body fat.

Stay alive. The rest of the kilojoules you eat go toward your body's other basic operating functions. (That's at least 60% of your metabolism.)

By changing the "kilojoules in" part of the formula, you also change the "kilojoules out." With less energy in the tank, you may burn fewer kilojoules during your workouts. That's the danger of cutting kilojoules without a plan to maintain your new lower weight. Your metabolism slows, leaving you hungry and primed to regain fat you lost, especially when hunger hits near Mickey D's. The key is to reverse that process. More on that next.

SKINNY-FAT
STAN



Torch flab and build muscle by following this nutrient-packed eating approach



CURRENT WEIGHT

72 KG

TARGET WEIGHT

72 KG

TRAINING STATUS
BEGINNER

TRAINING HOURS /WK
4 (3 STRENGTH, 1 CARDIO)

INTENSITY OF EFFORT
MODERATE (12)

GOAL
SIMULTANEOUS FAT LOSS
AND MUSCLE GAIN



TOTAL DAILY KILOJOULES
 $72 \times (4 + 12) \div 0.45 \times 4.18$
= 10 700

25% PROTEIN
2 670 kJ
(157 GRAMS)

34% FAT
3 610 kJ
(96 GRAMS)

41% CARBS
4 450 kJ
(264 GRAMS)



YOUR SAMPLE MEAL PLAN

BREAKFAST

3 EGGS SCRAMBLED WITH A HANDFUL OF VEGETABLES, 1 LARGE BANANA

LUNCH

110G CHICKEN BREAST ON A KAISER ROLL, 1 LARGE HANDFUL RADISHES

DINNER

170G TUNA STEAK, 2 MEDIUM POTATOES (170 TO 180G EACH), SAUTÉED SWISS CHARD

SNACKS

1 SCOOP PROTEIN POWDER MIXED WITH 1½ CUPS PLAIN YOGHURT, ½ CUP NUTS, 1 APPLE





YOUR SAMPLE MEAL PLAN

BREAKFAST

1 SCOOP PROTEIN POWDER MIXED WITH 2 TBSP PEANUT BUTTER, 1½ CUPS BERRIES (+ LIQUID)

LUNCH

170G BAKED HAKE, 2 CUPS BROWN RICE, 1 TO 2 CUPS STEAMED GREEN BEANS

DINNER

340G STEAK, 1 SMALL POTATO (85G), 1 TO 2 CUPS STEAMED BROCCOLI

SNACKS

¾ CUP YOGHURT WITH 1½ SCOOPS PROTEIN POWDER, ¼ CUP NUTS, 1 PEACH

DESKBOUND
DAN
---

To cut your gut for good, include more fat in your diet. (Principle No. 3 explains!)



CURRENT WEIGHT

109 KG

TARGET WEIGHT

98 KG

TRAINING STATUS

INTERMEDIATE

TRAINING HOURS /WK

2 (2 STRENGTH, 0 CARDIO)

INTENSITY OF EFFORT

MODERATE (10)

GOAL

WEIGHT LOSS



TOTAL DAILY KILOJOULES

$$98 \times (2 + 10) \div 0.45 \times 4.18 = 10\ 920$$

33% PROTEIN

3 670 kJ
(216 GRAMS)

45% FAT

4 940 kJ
(130 GRAMS)

22% CARBS

2 360 kJ
(139 GRAMS)

Principle No.

2

You Need to Eat Better Food

Pity the man forced to survive on gluten-free pizza and fat-free ice cream. *The Lean Muscle Diet* makes eating easy and delicious because you're encouraged to eat (gasp!) real food. Here's the breakdown of your eating plan.

Eat 80% of your diet in whole, minimally processed foods that you like. "Whole" foods are ones that look like what they started out as: meat, fish, eggs, milk, nuts, seeds, fruits, vegetables, potatoes and beans. One exception: protein powders are highly processed, but they're still a great way to consume the protein you need to make the plan work.

Eat 10% in whole and minimally processed foods that you don't necessarily like but don't hate (say, Swiss chard and lamb). This is intended to expand the range of nutrients you're eating. Maybe you'll even learn to like a food, which means you're less likely to suffer from diet burnout.

Eat 10% in whatever the hell you want. Consider this your reward for faithfully embracing the two previous categories. Use this bonus however you'd like: have a small indulgence every day, or save up for a bigger weekend junkfest. Yes, even if it includes Cheesy Crunch Burgers.

Here's a shortcut: if the food doesn't have an ingredients list, it's a safe bet. Steak, apples, quinoa, eggplant, salmon - they're all single-ingredient foods. With packaged foods, each additional ingredient signals an extra step in processing, which may have stripped away some of the good stuff. And often, to make up for lost flavour, food manufacturers pump processed foods with sugar and fat. These foods also tend to be higher in kilojoules.

Know that "quality" also means taste. On this plan, you won't find any rules about foods you must eat. Nor will you find a list of foods you should never eat. Just about anything you already enjoy can fit into the plan, although perhaps not in the quantity you're used to eating them.

POWERHOUSE PROTEINS

● = BCAAs (% of total protein) ● = LEUCINE

WHEY ISOLATE



26%

14%

EGGS



20%

8.5%

MEAT



18%

8%

Principle No.

3

Macronutrients Matter (Especially Protein)

Nutritionists refer to protein, carbs and fat as "macros." Protein, of course, is the stuff of muscle growth, particularly branched-chain amino acids (BCAAs), including leucine. The circles above show the stats for three good protein sources. On our plan, you'll eat a gram of protein for every pound of your target body weight, or 25 to 35% of your daily diet.

But protein also increases satiation (feeling full at the end of a meal) and satiety (feeling less hungry between meals). So protein pulls triple duty: it speeds your metabolism, slows your appetite and maintains muscle.

What about the other macros? You'll eat 0.4 to 0.7 gram of fat per 2.5kg of your target bodyweight per day. If you have a good chunk of body fat to lose, use the higher end of that scale. It's not that fat kilojoules have any magical properties; a higher percentage of fat simply means fewer carbs. That tends to work better for heavier guys, who often are less sensitive to insulin, a hormone triggered by high-carb meals. Less sensitivity means more insulin; more insulin means your body will use less fat for energy. For everyone else, it's personal preference. Whatever kilojoules are left after your calculations will come from carbs. Who knew maths could be so tasty?



Principle No.

4

Micronutrients Matter Too

One risk of popular low-kilojoule diets: nutrient deficiency. That's because the less food you eat, the harder it is to cover the basics. A multivitamin may help, but it probably won't contain enough immunity-fortifying magnesium or bone-building vitamin D. Research shows that eating a wide variety of foods provides the greatest benefit for overall health. To collect those key nutrients, dust off the old-fashioned idea of food groups. Here's your menu.

Meat and other protein-rich foods, including eggs and protein powder.

Fat-rich foods, such as nuts and seeds, oil used for cooking or salad dressing, butter (and nut butters), olives and avocados.

Fibrous vegetables, including just about anything your mother said you had to eat if you wanted dessert.

Starchy foods, such as grains (bread, cereal, pasta), legumes (beans and peas) and tubers (potatoes and other root vegetables).

Milk and other dairy products, which includes all varieties of cheese, yoghurt and, yes, even chocolate milk.

Fruits, fresh or dried.

Aim to include at least one food from each category every day, with some variety in fruits and vegetables, and you'll hit the full range of micronutrients you need to look good and feel great.

We know what you're thinking: what about my beer? Moderate drinking won't likely affect your weight in either direction as long as the kilojoules from alcohol replace something else. If not, you'll probably gain fat. So swap out your carbs for alcohol. If you know you're going to have two beers out at the bar later, just eat 300 fewer carbohydrate kilojoules (or 75g) that day.

So now that you understand the nutrition principles, let's move on to the first step in the plan: calculating how much food you'll eat each day.

CRUNCH THE
NUMBERS, TORCH
THE FAT

BREAK OUT THE CALCULATOR
AND DETERMINE THE DIET YOU NEED
TO GAIN THE BODY YOU WANT.



1/ Estimate how many hours a week you spend training.

This includes strength training and cardio, as well as sports like five-a-side soccer or martial arts.

2/ Pick your training intensity.

Give yourself an 11 if you always go all-out. If you do a mix of intensities, pick 10. If you're training at a more casual pace, go with 9. Note: use the Greyhound Formula if you're age 35 or younger and struggle to gain weight. If that's the case, rate your intensity on a scale of 11 to 13, with 13 being maximum intensity.

3/ Choose your target body weight (TBW).

Select a weight you think you can reach in six months. If you're aiming to maintain your current weight but trade fat for muscle, follow the Skinny-Fat Stan plan. If you want to weigh 10% less than you do now, go with Deskbound Dan. If your goal is to lose 4.5kg of fat without sacrificing muscle, you'll now be known as Bro-tacular Bob.

► Add hours and intensity.

Let's say you spend four hours a week training at moderate intensity. This is your "activity multiplier." Example: $4 + 10 = 14$.

► Estimate your daily kJs.

Multiply your activity multiplier by your TBW. So if your TBW is 81kg, this would be your formula: $81 \times 14.5 = 1\,175$ calories. To convert that into kilojoules, factor in two quick conversion ratios (divide by 0.45 and multiply by 4.18) to get 10 915 kJ.

► Find your protein needs.

Factor in 2.2g of protein per kilo of TBW. That's 180g. Each gram of protein has 17 kJ, so 3 000 kJ.

► Allocate your fat kJs.

Moderate fat would be 1.1 gram per kilo of TBW daily (90 grams). At 38 kJ per gram, that's 3 420 kJ.

► Figure out your carbs.

So 3 000 protein kJ plus 3 420 fat kJ equals 6 420. Subtract that from 10 915 for 4 495 carb kJ.

BRO-TACULAR
BOB
...



Wrestle your
athleticism back
from a stubborn
metabolism. And
still eat carbs!



CURRENT WEIGHT

86 KG

TARGET WEIGHT

81 KG

TRAINING STATUS
ADVANCEDTRAINING HOURS /WK
4.5 (3 STRENGTH,
1.5 CARDIO)INTENSITY OF EFFORT
MODERATE (10)GOAL
FAT LOSSTOTAL DAILY KILOJOULES
 $81 \times (4.5 + 10) \div 0.45 \times 4.18 =$
10 91528% PROTEIN
3 000 kJ
(180 GRAMS)31% FAT
3 420 kJ
(90 GRAMS)41% CARBS
4 495 kJ
(270 GRAMS)



YOUR SAMPLE MEAL PLAN

BREAKFAST

3 HARD-BOILED EGGS, 1 ORANGE

LUNCH

170G SEAFOOD, 1 CUP BROWN RICE, 1 CUP
BLACK BEANS, GRILLED ONION AND PEPPER

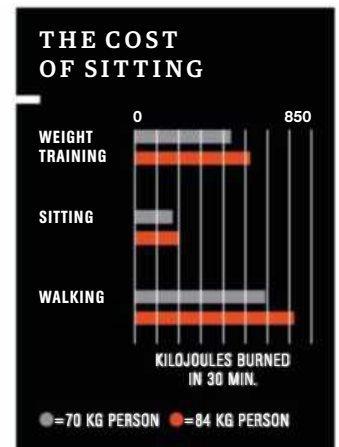
DINNER

170G LAMB MEATBALLS, 2½ CUPS
WHOLE-WHEAT PASTA, ROCKET SALAD

SNACKS

2 CUPS LOW-FAT MILK + 1½ SCOOPS PROTEIN
POWDER, 2 TBSP ALMOND BUTTER + 1 APPLE





Principle No.

5

**For Bigger Muscles,
Lift Bigger Weights**

Mechanical tension - created by loads that are taxing to your muscles, connective tissue and bones - is the most important stimulus for building muscle. But you can't grow your guns if you lift the same amount of weight every workout. By incrementally increasing your loads over the course of the programme, you challenge your muscles to become stronger in order to handle subsequent heavier weights. It should be hard to complete the final reps on your final set with good form. For a starter workout plan, flip to our workout on the next page.

Principle No.

6

**Devote 80% of Time
to Big Muscles**

Most guys have this flipped, investing their gym hours on their biceps, triceps and deltoids. Those muscles are important, but they're smaller for a reason: to help larger muscles during basic actions such as pushing, pulling, lifting, carrying and throwing. Smaller muscles also won't grow out of proportion to the larger muscles they're designed to assist. On *The Lean Muscle Diet* workout plan, you do your heavy lifts first. And that means to see big gains, you'll need to work the big muscles with squats, deadlifts, presses, rows, chin-ups and pull-ups.

Principle No.

7

**Spend 20% on
Smaller Muscles**

Though you'll devote the majority of your session targeting your back, chest and legs, you still won't ignore your assisting muscles. As with big-muscle lifts, you'll want to increase the amount of weight you use when necessary, but more often you'll use the same weights with the goal of piling up more reps. This will allow you to achieve what trainers refer to as deeper muscle exhaustion, which will stimulate growth. But here's an important note: Make sure you're complementing your big-muscle exercises rather than repeating a similar motion. For example, change the direction of the movement (say, from horizontal to diagonal or vertical), the tools (from a barbell to dumbbells, kettlebells, or a cable machine), and the grip (from overhand to underhand or somewhere in between). Doing this works your muscles from different directions.

Principle No.

8

**Stay on Your Feet
as You Sweat**

Think about it: you sit at work all day. You sit in your car. You plant your butt on the sofa to watch sports. Why would you go to the gym to do more sitting? Plus, almost any exercise you can perform sitting down is based on one we used to do standing up. So stay on your feet. You'll not only burn kilojoules (see "The Cost of Sitting," above) but also stay more focused and engaged in your workout. Better yet, combine multiple exercises and move quickly from one to the next with minimal rest between them. (Don't sit on anything between sets either.) When possible, use one arm or leg at a time. The muscles that keep you balanced and stabilized end up doing twice as much work. All this activity will create a more efficient, more effective workout that's more likely to produce the results you want. Now get to it!

The WORKOUT



DIRECTIONS: PERFORM THE EXERCISES IN THE ORDER SHOWN. DO EXERCISES THAT SHARE A NUMBER AS A CIRCUIT; THAT IS, BACK-TO-BACK SETS. (FOR EXAMPLE, DO A SET OF 2A AND THEN A SET OF 2B TO COMPLETE 1 CIRCUIT). DO CIRCUIT 2A-2B THREE TIMES AND CIRCUIT 3A-3B-3C TWO TIMES. REST AS NEEDED TO COMPLETE THE WORKOUT.

1 --- DUMBBELL GOBLET SQUAT

Target: Upper Thighs
Stand tall with your feet shoulder-width apart and hold a dumbbell vertically at your chest, cupping one end in both hands. (Imagine it's a heavy goblet.) Lower your body as far as you can by pushing your hips back and bending your knees (touch the insides of them with your elbows). Pause, and push back up. Do 4 sets of 6 reps.



2A --- DUMBBELL SINGLE-ARM ROW

Targets: Upper and Middle Back
Grab a dumbbell in your left hand and place your right hand on a bench. Let the weight hang at arm's length and spread your feet hip-width apart. Keeping your back flat, pull the bell straight up to your side and lower it back down. Do 20 reps, switching arms halfway through each set.



2B --- DUMBBELL BENCH PRESS

Targets: Chest and Shoulders
Grab a pair of dumbbells and lie face-up on a flat bench, holding the weights above your chest. Lower the weights to the sides of your chest, and then press them back to the starting position as quickly as possible. Do 8 to 10 reps.





3A

**BARBELL
GLUTE BRIDGE****Target: Hips**

Lie on your back on the floor with a barbell across your pelvis, your knees bent, and your feet flat. Push your hips toward the ceiling until your body forms a straight line from your knees to your shoulders. Lower the weight and repeat. Do 10 to 12 reps.



3B

**INVERTED
PUSHUP****Targets: Shoulders and Triceps**

Assume a push-up position but place your feet on a bench and push your hips up so your upper body is as perpendicular to the floor as you can manage. Bend your elbows and lower yourself as far as you can without banging your head. Push yourself back up to the starting position. Do 12 to 15 reps.



3C

**SINGLE-ARM
HALF-KNEELING
LAT PULLDOWN****Targets: Upper Back and Biceps**

Attach a handle to the high pulley of a cable station. Grab it with your left hand, using a neutral grip; then kneel on your left knee in front of the weight stack. Pull the handle to your chest as you push your chest out to meet it. Return to the starting position. Do 12 to 15 reps, switching sides for the second set.



10 Ways to Retire

A man with dark hair and sunglasses is sitting in a wooden Adirondack chair on a green lawn. He is holding a fishing rod with a long, thin, curved line that extends across the sky. He is wearing a white t-shirt with a blue floral pattern and white shorts. A black bottle is on the chair's arm. In the background, there is a large white house with a green roof and a chimney. The sky is blue with a few white clouds.

PLAY IT SMART, AND YOU WON'T NEED A FORTUNE TO LEAVE THE OFFICE BEHIND. NOW PASS THOSE MARSHMALLOWS, WOULD YA?

By Bronwyn Nortje / Photographs by Nathaniel Welch / P.114

10 Years Early





1

How Do I Calculate My Retirement Contribution?

The percentage of your income that you'll need to put away for retirement depends on several factors, such as how early you started saving and what level of retirement income you'd like to enjoy. First work out what you would like your monthly retirement income to be, then calculate the required lump sum you would need to generate that income.

Heinrich Bothma, a financial adviser at HB Life, explained that in South Africa you can realistically expect an average annual return of 3 to 5% above inflation on your retirement investments over the long term. "In current South African markets, if you have an active investment strategy, you can draw an income

of approximately 6% per annum off your capital. This means that for every R1 million you have put away, you can expect an income of around R5 000 per month," he says.

Online calculators like Beanstalk may give you a ballpark figure of how much to save, but they often don't account for other assets you may own. These could include a house or business interests, as well as any inheritance that you may come into in the future. "All of these assets will contribute to your retirement capital and income in one way or another, and this will obviously also impact how much you need to put away each month," explains Bothma.



2

What Are Tax-Free Savings Accounts?

In short, a great way to save up for a property deposit or to put money away for a rainy day. Typically,

the South African retirement tax structure is designed to encourage you not to cash in any of your retirement savings or access funds prematurely, so a savings account is a great way to create a financial buffer so that you're not tempted to dip into your retirement funds. You can put up to R30 000 a year into an account and up to R500 000 in your lifetime without incurring any penalties.



3

Investments...

...can seem scary, but they don't have to be. A qualified financial planner will be able to help you maximise your retirement annuity

(RA) tax deductions and get the most out of your savings and investments. They'll also monitor your retirement plan and investment decisions. Andrew Lamb, a certified financial planner and director of Moore Stephens Wealth Management, says that it's crucial to reevaluate the suitability of your investment decisions and retirement plan annually.

Lamb says that financial advisers charge an ongoing advice fee that can be anything from 0.25 to 1% per year, of the total value of your investment depending on the size of the portfolio, but are open to negotiation on how much they will charge. Some asset managers also let you place investments directly, and won't charge you any fees, but then you won't have the benefit of initial or ongoing advice from a qualified financial adviser.

Lamb also recommends that you check that your adviser is registered with the Financial Services Board and ask for references for past or existing clients. "When choosing an adviser it is best to speak to people who have dealt with them before - simply having a qualification doesn't always guarantee excellent service."



Kill Your Debts

We all know that if you are serious about saving for your retirement, the best approach is to avoid all short-term debt, but this is often easier said than done. The first step is not to add to your debts any further. Cut up those store cards and don't keep your credit card in your wallet. The general rule of thumb is to settle debts that tend to have a higher rate on interest, before paying off your car or any other bank loans.

Bothma warns that although it might be tempting to cash in your savings to settle outstanding debt, your retirement plans should never be influenced by your short-term debt situation. "People typically cash in savings to settle debt, believing that it is a sound investment decision, only to run up their short-term debt again when they find themselves in a tight spot."

By cashing in your savings, you shorten the term to your retirement date – and your retirement goals will become more and more unachievable.

Consolidating all of your debt into one place can be helpful in some cases, but beware of debt consolidation offers that are too good to be true. Always ask what the full contract balance is before signing and ask whether you will be able to make ad hoc lump sum payments towards the debt.





5

The Property Problem

Owning property might seem like an impossible dream, but it should form part of any balanced retirement portfolio. Even if you can only afford a postage stamp on the wrong side of town, owning property gets you into the habit of paying off a bond – and ultimately saving for your retirement. “If you rent, you miss out on the capital appreciation of your asset,” says Bothma. “By paying off your bond, you are paying off an asset that will form part of your retirement savings in the long-run.” The good news is that as your income increases over time, your bond repayments will become easier and easier to repay, while rental payments will increase at a rate of around 10% per annum.

6

Are Education Policies a Trap?

Saving for your child’s education is always a good idea, but some education policies have hidden fees associated with them.

If you want to put away money that is specifically for your child’s education, there are lower-cost options available, such as the tax-free saving account, or unit trusts that can also be put in your child’s name, says Bothma.

7

Have a Plan

An early retirement sounds great now, but you’ll need more than the idea of lounging next to the pool to get you out of bed in the morning.

Financial coach Gregg Sneddon says the happiest retirees are those who’ve found their calling, whether it’s working on that spy novel or volunteering at the local clinic.

8

Get Creative

Want some extra cash to invest? Pretend you’re earning a lot less money than you are. It’s a simple mind trick that will have you cutting

down on unnecessary costs, ultimately leaving you with extra funds to put towards your dream house.

“We all dream of retiring early – whether to get out of a job you hate, or spend time doing something you really want to do. Whether you choose to invest your money in a pension, RA or unit trusts, the most important thing is to start early.”

9

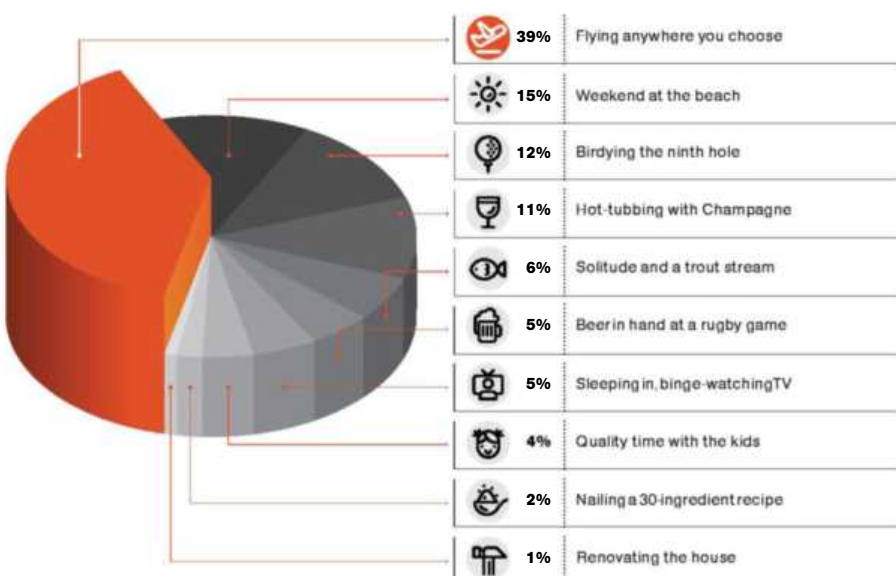
Preservation Fund vs RA?

An RA is an investment vehicle that can receive annual or monthly contributions and from which you can claim tax relief,

whereas a Preservation Fund can only receive a lump sum from other provident or pensions funds. “The tax implications vary depending on whether or not you belong to a company retirement fund such as a provident or pension fund,” says Lamb. “For a person who does not belong to a company retirement fund, they can deduct up to 15% of the gross income against retirement annuity contributions.”

10. YOU'RE RETIRED. NOW WHAT?

We asked 380 readers how they'd spend their first day free of the office.



THE MEN'S HEALTH Man Chore Survival Guide

By Thomas Okes and Daniel Masoliver
Photographs by Casey Crafford
P.120

COMEDIAN
**Schalk
Bezuidenhout**
GETS SCHOOLED,
SO YOU DON'T
HAVE TO



How
to...


ROOT OUT YOUR WEED PROBLEM

by Matt Keightley of Rosebank Landscaping, People's Choice winner at last year's RHS Chelsea Flower Show

Weeds don't just spoil the aesthetics of a well-curated flowerbed, they leach it of nutrients too. Do damage control every other week in summer; once a month the rest of the year. Act as soon as you see tiny signs of leaf growth. An old-fashioned fork trumps any new gadget. Pick your target and get straight to the root of the issue – yank weeds out at the surface and they'll be back within days. Shove the uprooted blight in a bin bag; if you let it fall on the soil, it'll seed again. And never add weeds to your compost. (You have compost, right?)

Laying 5cm of mulch – try bark chips from your nearest nursery – between plants will block out the light that weeds need to germinate, but it may prevent purposefully planted seeds from coming through. Now, where did you leave them...?





How
to...

MAKE YOUR NEIGHBOURS GREEN WITH LAWN ENVY

by Mick Hunt, award-winning
head groundsman at Lord's,
the home of cricket

When grass gets too long its roots heat up, which creates a breeding ground for disease. Trim to just shorter than your pinky once every two weeks.

To emulate the stripes you see at sports grounds, use a mower with a back roller – rolling first in one direction, then the other. Or create a checkerboard effect by going up and down, then horizontally. To keep it neat, place string down and follow the lines. Going to compulsive lengths is fine. Remember: eye-rolling onlookers are just jealous.

For a natural-looking, healthy lawn, feed it three times a year with slow-release fertiliser: first in mid-October, then with a nitrogen-rich variety in January, and finally in May to see it through winter. Water it twice a week (if the weather doesn't) and stroke it tenderly each night.




**How
to...**

TAKE THE PANE OUT OF STREAK-FREE WINDOWS

by David Ayers of Kärcher, who gives the London Eye's glass a clear view of the British capital

Cleaning a window is easy: all you need is some soapy water and a bit of elbow grease. Maybe a ladder and George Formby on the iPod. But for glass that gleams in the sun, it all comes down to drying. Act fast to avoid watermarks, especially on hot days. Use a handheld Window Vac (R750, DionWired) for streak-free panes. Or get hands-on and wipe with a squeegee blade: start at the top and snake your way into the lower corners. Finish the job by buffing with a dry cloth. Use old towels. New ones will shed fluff and attract unwanted questions from your partner.



How
to...

CLEAN YOUR FILTHY BRAAI GRID

by Bertus Basson, owner and chef of Overture
and judge on *Ultimate Braai Master*

First off, stay away from those steel brushes. The bristles might come off, and no one needs those things getting stuck in their food. The old half-an-onion trick works well, but one thing you want to really avoid is soapy water. It'll leave toxic residue and scare off your guests. The best way is probably the easiest: just burn the old braai's leftovers right off the grill with the fresh flames of your new fire. That'll make the muck soft enough to wipe off with some old newspaper. (Don't listen to guys who'll have you believe it's unhealthy; that's the way my dad used to do it, and I'm still here.) There's no real need to scrub the inside of your drum every time – that's just making extra work for yourself for no good reason – but if you're precious about your grill, rub it down with some vegetable oil to prevent it from rusting. So it's not complicated, but do it regularly. Chucking out the coals after every braai, and doing a deeper clean every fifth fire or so, should do it.





How
to...

KEEP YOUR POOL SPARKLING, SHARK-READY CLEAN

by Maryke Musson, curator at the Two Oceans Aquarium in Cape Town

We have 160 different pools at the Two Oceans Aquarium, housing over 3 000 permanent residents: turtles, jellyfish, penguins and more. Keeping them clean requires regular skimming – you could flex a few muscles while scooping out leaves with a net, or invest in a good quality vacuum cleaner, such as the Bullshark. (We would too, but the ragged-tooth sharks in there aren't fond of uninvited guests.) Brushing is also important – I'd recommend getting in there and giving the walls a proper wipe twice a week. Skimming and brushing will keep the chemicals at bay, as long as you ensure the walls and floors of your pool are free of algae build-up. Something else to keep an eye on: the filters. If they get blocked (from leaves and sand, not shark poop, like ours) open them up and give them a good stir. Your best option might be to install a saltwater chlorinator. You might have to channel your inner mad scientist to monitor the pH and alkalinity levels, but other than that it's as easy as tossing a couple of bags of salt into your pool every summer – no mess, no fuss and no chlorine eyes.



How

to...

MAKE YOUR DRIVEWAY LOOK LIKE A SHOWROOM

by Richard Tipper, who also preps top-of-the-range cars for motor shows and photoshoots

First, start with a hose-down to lift off dirt, or you'll scratch grit into your paintwork. The quality of what you touch the car with is essential. Go for a wash-mitt, as sponges can collect grit in the air pockets. Lamb's wool is by far the best. Mix PH-neutral soap into your water. Detergent-based soaps strip your chassis of polish. Washing-up liquid is the worst offender. Wash your car in the shade, as heat prematurely dries the panels, leaving water stains. Polish it under your garage lights that exaggerate imperfections, resulting in a showroom-fresh finish. Lastly, before taking it out again, check the weather.





**How
to...**

OPEN THE DOOR TO PRISTINE PAINTWORK

by Mike Smith of Treasure & Son, who restore
castles and listed buildings for English Heritage

Apply a topcoat onto existing paintwork and it'll soon strip off. Instead, sand the door first and treat bare wood with a base coat (Ronseal is a solid bet) to protect against insects and rot, then a primer to stop the paint on top from peeling. You don't need artisan R500-a-litre paint; Dulux gives results.

Dust settles on wet paint. What's duller than watching paint dry? Starting again due to lumpy pigment. Avoid this by sanding between every layer of under- and topcoat. A 100-grit sandpaper is ideal. Go with the grain, keeping a wet edge, as going over dry paint creates ridges. Buy a 6cm brush with synthetic filaments – cheap bristles leave marks. Paint job's well done.



The Iconic Makeover

Every guy's go-to shoe just got an update. The new Chuck II has a sock liner that uses Nike Lunarlon technology for superior full-foot cushioning and arch support, a foam padded collar and non-slip gusseted tongue and a perforated micro suede liner, so your feet can breathe. The canvas is also lighter, with a softer finish, and it'll go with anything.

CONVERSE ALL STAR CHUCK
TAYLOR II R949 AT SPORTSCENE

SNEAK



YES, YOU CAN WEAR SNEAKERS WITH EVERYTHING. BUT EVEN YOUR FAVOURITE KICKS COME WITH SOME RULES. CONSIDER THIS YOUR STYLE GUIDE TO UPGRADING YOUR SOFT SHOES TO THE FIRST TEAM

BY AZEEZ JACOBS / PHOTOGRAPHS JONATHAN TAYLOR

Get High

High-tops with killer looks will add some swagger to your wardrobe, and to go properly old-school, wear them with shorts. This pair is inspired by scuba diving boots, merging rubber with neoprene for a high-tech-meets-the-street look.

DENIM SHIRT R2 200
AND SCUBA CAPTER HIGH-TOPS
R1 700 BOTH G-STAR RAW
ARM BANDS R170 ALDO
TROPICAL SHORTS
R1 500 SCOTCH & SODA

01



LEVI'S FOOTWEAR R800



SUPERSTAR AT ADIDAS ORIGINALS R1
100



G-STAR RAW R2 000



STEVE MADDEN R1 099



DIESEL AT EDGARS R2 099

Go Retro

Stylish uppers will lend personality to the most formal outfit. Rich textures – like premium suede in burgundy – make for a subtle, sophisticated way to get noticed. Wear them with a shirt, tie and crisp pair of jeans for an eye-catching approach.

POLKA-DOT SHIRT

R995 KURT GEIGER

STRIPED TIE

R460 ZARA

VINTAGE WATCH

R1 700 TIMEX

AT TREGER BRANDS

WOVEN BELT

R170 TOPMAN

SLIM-FIT JEANS

R879 RIVER ISLAND

SOCKS

R70 FALKE AT STUTTAFFORDS

REAL ALE SNEAKERS

R3 200 NEW BALANCE AT SHELLFLIFE



ROCKPORT R2 700



JACK PURCELL AT SPREE R980



REEBOK R1 400



ONITSUKA TIGER AT SPREE R1 150



SUPERDRY R900

02

Run the Streets

Running shoes aren't just for the track; these stylish sneakers look just as good everywhere else. Wear them with joggers for a sports-luxe look or with pin-rolled jeans for a city-slick summer look. Ditch the socks.

HARRINGTON JACKET

R1 900 BEN SHERMAN

T-SHIRT R500 PUMA

NEWBURGH SILICONE WATCH

R1 600 ADIDAS AT WATCH REPUBLIC

JOGGER PANTS R3 995 HUGO BOSS

ZOOM STRUCTURE 19 SNEAKERS

R1 800 NIKE AT TOTALSPORTS

03



NEW BALANCE R1 800



ASICS R1 800



PUMA R3 000



STAN SMITH AT ADIDAS ORIGINALS R1 099



YAB AT VIRGULE R3 600

Up the Luxe

Luxury trainers are everywhere right now. The simplest designs often create the most sophisticated look. These leather low-tops have just the right amount of colour and subtle yet standout details. Try them with a light grey suit for extra style points.

LEGEND SUNGLASSES

R3 800 TAG HEUER BOUTIQUE

BLAZER R1 700 AND

TROUSERS R800 BOTH ZARA

GINGHAM SHIRT R1 595 LACOSTE

CHRONO CLASSIC BLACK

CERAMIC WATCH R8 995

PICOT & MOSS

BAMBOO SOCKS R200 NIC HARRY

LEATHER LUXE SNEAKERS R6 894

EMPORIO ARMANI



MR BAT ALDO R2 300



KURT GEIGER R1 695



LACOSTE R1 895



TIGER OF SWEDEN R3 499



TRENERY R1 000

All-White Everything

White sneakers. They'll never go out of style and they go with everything from chinos to boardies. Leather is the best material to go for, as it's easier to clean than canvas, and more versatile too.

ARTHUR ASHE R1 300

LE COQ SPORTIF

STAN SMITHS R999

ADIDAS ORIGINALS

ARM BANDS R120 TOPMAN

CANVAS-STRAP WATCH

R3 000 DW AT TREGGER BRANDS

The 5 Golden Rules of Sneaker Maintenance

1 / WIPE 'EM

Knock the soles together to remove dirt and use one of these wipes to clean scuff marks.

Jason Markk Quick Wipes
R129 superbalist.com

2 / CLEAN 'EM

Get a sneaker cleaning kit that includes a non-toxic probacterial solution. Just spray it on and after a few seconds, use the brush (or an old toothbrush if you lose it) to scrub out stains. Wipe clean with a wet cloth.

Sneaker Lab Basic Kit
R119 sportscene.co.za

3 / REPLACE 'EM

New shoelaces instantly revitalize your white kicks. Replace them regularly for a sharp, clean look.

R39 totalsports.co.za

4 / PROTECT 'EM

When you've let your recently cleaned sneakers dry out in the open, lay down a towel and spray them with a stain and water repellent. For canvas shoes, use Scotchgard.

Nikwax Footwear Gel
R99 Cape Union Mart

5 / REFRESH 'EM

Smell Well is a unique product that effectively gets rid of bad odours by absorbing moisture and neutralising the pH value on the soles.

Smell Well R229 Shelllife

PRICEY

INEXPENSIVE

SUBTLE

BOLD

Give Your Brogues a Break

We've rounded up our favourite styles of sneakers – old-school, dressy and unique – at price points that'll suit every guy. Choose your ammo and get set for summer with footwear that can wear all year round. **Pick your kicks accordingly.**



STOCKISTS

ADIDAS ORIGINALS 021 421 8272
ALDO 021 421 5674
ASICS 021 300 7710
BEN SHERMAN 021 425 8996
CLARKS 011 606 0328
DIESEL 011 630 4000
EDGARS 0860 692 274
EMPORIO ARMANI 021 425 7083
GREEN CROSS 0860 009 855

G-STAR RAW 021 418 9000
HUGO BOSS 021 425 5885
JEEP 011 630 4000
KURT GEIGER 0860 434 437
LACOSTE 021 421 0939
LE COQ SPORTIF 011 784 6334
LEVI'S FOOTWEAR 011 630 4000
NEW BALANCE 021 657 9700
NIC HARRY nicharry.com

PICOT & MOSS 011 669 0500
PUMA 021 422 0591
REEBOK 021 555 0395
REPLAY 021 418 8507
RIVER ISLAND 021 555 3691
ROCKPORT 031 459 8800
S.BACHER AND COMPANY 011 372 6000
SCOTCH & SODA 011 784 3233

SPORTSCENE 0860 576 576
SPREE 087 740 1010
STEVE MADDEN 021 552 3722
STUTTA FORDS 011 879 1000
SUPERDRY 011 784 0496
SUPERGA 011 784 5739
TIGER OF SWEDEN 011 440 3235
TOPMAN 021 419 5900
TOTALSPORTS 0860 576 576

TREGER BRANDS 0861 22 0861
TRENER 0860 022 022
VIRGULE 021 671 1423
WATCH REPUBLIC 021 418 0045
ZARA 021 446 8700

MH

The Main Event

Men's Health Menswear Collection 2015



▲ Men's Health fashion editor
Azeez Jacobs



Greg Larin, Keagan Greem,
Jessie Clegg and Dani Cooperman



Kate McLennan, Daniela Panzeri
and Claire Conchar



Warrick Ryan, Daniel Calbacho
and Bonny Wagner-Read

A host of eye-catching looks were on show at the *Men's Health* Menswear Collection 2015, presented by dunhill London ICON fragrances. Fifteen top brands and retailers showcased their latest ready-to-wear collections for guys

The trendy Melrose Arch hosted the sixth annual *Men's Health* Menswear Collection presented by Montblanc Legend fragrance. A variety of top retailers - Diesel, Topman, Guess, Pringle, T.M. Lewin, Levi's, Mr Price, J Exchange, Lyle & Scott, Celio, Polo and Kurt Geiger - showcased the hottest menswear fashion trends. The collection was an eclectic mix of bold colours, clean lines, textures and statement prints. TV personality Zuraïda Jardine, former Miss SA Thuli Sithole, soccer star Matthew Booth, *Idols* presenter and artist ProVerb, foodies Hayden Quinn (*MasterChef Australia*) and sisters Seline and Leandri van der Wat (*MasterChef SA*) were among the celebrities who made an appearance. TV crews from *MTV Choice*, *Good Morning Africa* and *V-Entertainment* were also spotted.



PRESENTED BY

dunhill London ICON opens with a blend of rare ingredients. Top notes of Italian bergamot and Neroli Absolute intertwine with black pepper, fusing the mid notes of cardamom Lavender de Provence to add a unique twist of masculinity and originality.



CONVERSE



REPLAY



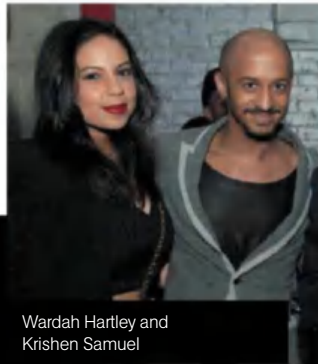
Designer Paledi Segabo and Shomane Mathiba



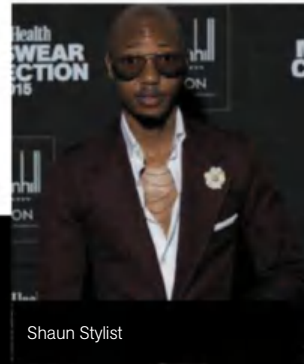
Howey Makwakwa and MasterChef 2013 winner Karmini Panther



Vim Grobler, Stephan Fourie and Kallas Eksteen



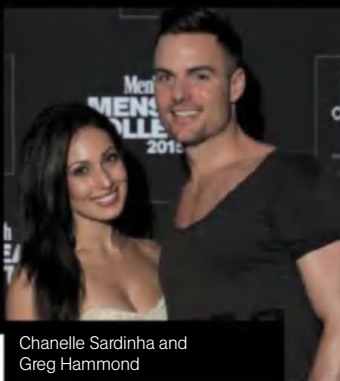
Wardah Hartley and Krishen Samuel



Shaun Stylist



Louise Meny-Gilbert and Francois Malan



Chanelle Sardinha and Greg Hammond



Shadi Letoaba and Shoki Mokgapa



Promo guys for Dunhill Icon



Garreth and Ginnie McLellan



Ryan Liann



Barbara Reece, Azeez Jacobs, Louise Williams, Bok-hi Fourage, Clinton Jones and Men's Health creative director Robert Cilliers

Your Wrap Sheet

Gifting gaffes and holiday hits, all tied up with a bow

THE
AVERAGE
GUY

26 Percentage of women who say lingerie isn't a real gift for her... it's really for him



21 Percentage of men who've bought her a toy straight from the "naughty" list

NINTENDO

Video game console the average guy longed to receive as a child



63 Percentage of dads who now mash buttons next to their own kids



Percentage of grown-up men who receive birthday dough from Nana. (Ten bucks? Gee whiz!)

13 Percentage who admit that count on the cash



GIFT CARD

Most common present regifted by men

8 Percentage who have been busted redeploying a crappy gift

51 Percentage of average guys shopping from their own wish lists in sale season



HALF

Number who'd be perfectly happy to find a nice shirt or sweater under the tree



27 Percentage of men who suck up and buy a gift for the boss, even if it's just coffee...

9 Percentage of bosses who say they plan to reciprocate. Woolies gift card, anyone?

56 Percentage more millennial men than older guys who give to charity



Percentage of men who say giving her one of these gifts got them laid

54 Jewellery



40 Lingerie



30 Surprise trip



25 Spa day



9 Workout gear



6 Clothing one size too small



6 Cookware



19 Percentage of men who buy their buddies birthday gifts



33 Percentage who think a shot and a beer is present enough for any pal



A few of the worst gifts, birthday or otherwise, *Women's Health* readers have ever received from the men in their lives:
1. Vacuum cleaner
2. Motor for his fishing boat
3. Cat toilet-training kit



32%
Number of guys who haven't the slightest idea how to wrap a present

8 Percentage who've hidden an expensive present so well that they totally forgot where the heck it was. ("Honey, I swear you would've loved it!")

PIN DOWN HER PERFECT GIFT

Think of Pinterest as the new letter to Santa, says Michelle Madhok, founder of SheFinds. Many women use the network as a parking spot for lust items, making it an ass-saving site for guys who can't think of a gift. Not sure how to find her Pinterest list? Search her other social media handles, says Madhok. Then start sleuthing: if you're in a rush, look for common themes in her pins – like sneakers or cashmere scarves. If you have the time, make a DIY project she's saved – it's thoughtful, and she'll have a gift that won't end up on Gumtree.

BUY ONCE, WOW THE CROWD

If you're stuck trading gifts with all the cousins – or any group you're not tight with – don't waste time picking nine unique presents. A study in the *Journal of Consumer Research* found that most folks prefer a great one-size-fits-all gift over a mediocre personal one. So first, consider the crowd. Are they all beer hounds? Then that's what's on tap. Choose a gift that's high quality but under the radar, says etiquette expert Diane Gottsman. In the suds scenario, you might dole out seasonal six-packs from a great microbrewery. There you go: one and done.



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